

Timetable Friday 12th June 2026

Track Events					Field Events			
Event Order	Time	Event	Progress	Age Group	Event Order	Time	Event	Age Group
1	10:00	110m Hurdles	Final	Boys U'20	1	10:00	Shot Putt	Boys U'20
2	10:05	110m Hurdles	Heats	Boys U'18	2		Javelin	Boys U'20/18
3	10:15	100m Hurdles	Final	Girls U'20	3		Long Jump	Girls U'16
4	10:20	100m Hurdles	Final	Girls U'18	4	10:30	Pole Vault	Boys U'18/16
5	10:25	100m Hurdles	Heats	Boys U'16	5	11:30	High Jump	Girls U'16
6	10:35	80m Hurdles	Heats	Girls U'16	6		Javelin	Boys U'16
7	11:11	1500m	Heats	Girls U'16	7	12:30	Long Jump	Girls U'20/18
8	11:32	1500m	Heats	Boys U'16	8	13:00	Shot Putt	Girls U'20/18
9	11:53	1500m	Heats	Girls U'18	9		Javelin	Girls U'20/18
10	12:07	1500m	Heats	Boys U'18	10	13:30	Pole Vault	Girls U'20/18/16
11	12:21	80m Hurdles	Final	Girls U'16	11	14:00	Long Jump	Boys U'16
12	12:26	100m Hurdles	Final	Boys U'16	12	14:30	High Jump	Girls U'20/18
13	12:31	110m Hurdles	Final	Boys U'18	13		Javelin	Girls U'16
Finish	12:36	Lunch Break >13:15			14	16:00	Shot Putt	Girls U'16
14	13:15	100m	Heats	Girls U'16	15		Long Jump	Boys U'18
15	13:51	100m	Heats	Boys U'16				
16	14:15	100m	Heats	Girls U'18				
17	14:35	100m	Heats	Boys U'18				
18	14:55	100m	Heats	Boys U'20				
19	15:03	100m	Final	Girls U'20				
20	15:07	1500m	Final	Girls U'20				
21	15:14	1500m	Final	Boys U'20				
22	15:21	100m	Semi-finals	Girls U'16				
23	15:33	100m	Semi-finals	Boys U'16				
24	15:45	100m	Semi-finals	Girls U'18				
25	15:57	100m	Semi-finals	Boys U'18				
26	16:09	1500m	Final	Girls U'16				
27	16:16	1500m	Final	Boys U'16				
28	16:23	1500m	Final	Girls U'18				
29	16:30	1500m	Final	Boys U'18				
30	16:37	100m	Final	Boys U'20				
31	16:41	100m	Final	Girls U'16				
32	16:45	100m	Final	Boys U'16				
33	16:49	100m	Final	Girls U'18				
34	16:53	100m	Final	Boys U'18				
Finish	16:57							

NB

Times are approximate and are for guidance at this point

If heats are not required, Finals will be held at heat time.

If Semi-Finals are not required, Finals will be held at Semi- Final Time

This may have an effect on timings.

Please listen for Announcements



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Timetable Saturday 13th June 2026

Track Events					Field Events			
Event Order	Time	Event	Progress	Age Group	Event Order	Time	Event	Age Group
1	10:00	3000m	Final	Girls U'20/18	1	10:00	High Jump	Boys U'16
2	10:12	400m Hurdles	Final	Girls U'18	2		Long Jump	Boys U'20
3		400m Hurdles	Final	Boys U'18	3	11:30	Shot Putt	Boys U'16
4	10:24	300m	Heats	Girls U'16	4		Discus	Boys U'20/18
5		300m	Heats	Boys U'16	5	13:00	Discus	Boys U'16
6	10:54	400m	Heats	Girls U'18	6		Triple Jump	Girls U'20/18
7		400m	Heats	Boys U'18	7	14:30	Shot Putt	Boys U'18
8		400m	Heats	Girls U'20	8		Discus	Girls U' 18/16
9		400m	Heats	Boys U'20	9	16:00	High Jump	Boys U'20/18
10	11:44	800m	Heats	Girls U'16	10		Triple Jump	Boys U'20/18
11		800m	Heats	Boys U'16				
12		800m	Heats	Girls U'18				
13		800m	Heats	Boys U'18				
14		800m	Final	Girls U'20				
15		800m	Final	Boys U'20				
Lunch Break >13:45								
16	13:45	200m	Heats	Girls U'16				
17		200m	Heats	Girls U'18				
18		200m	Heats	Boys U'18				
19		200m	Heats	Boys U'16				
20	15:00	300m	Final	Girls U'16				
21		300m	Final	Boys U'16				
22	15:10	400m	Final	Girls U'18				
23		400m	Final	Boys U'18				
24		400m	Final	Girls U'20				
25		400m	Final	Boys U'20				
26	15:30	200m	Semi-Final	Girls U'16				
27		200m	Semi-Final	Girls U'18				
28		200m	Semi-Final	Boys U'18				
29	16:06	800m	Final	Girls U'16				
30		800m	Final	Boys U'16				
31		800m	Final	Girls U'18				
32		800m	Final	Boys U'18				
33	16:26	3000m	Final	Boys U'20				
34		3000m	Final	Boys U'18				
35	16:50	200m	Final	Boys U'16				
36		200m	Final	Girls U'16				
37		200m	Final	Girls U'18				
38	17:02	200m	Final	Boys U'18				

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