

## Upper Age Group Non Premier Timetable 2026

### TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles	U20 Men	A followed by B
	400m Hurdles	U18 Men	A followed by B
11:20	400m Hurdles	U20 Women	A followed by B
	400m Hurdles	U18 Women	A followed by B
11:40	1500m matches 1&3, 3000m match 2	U20 Men	A & B String/ALL
		U18 Men	A & B String/ALL
11:55		U20 Women	A & B String/ALL
		U18 Women	A & B String/ALL
12:10	100m	U20 Men	A followed by B
	100m	U18 Men	A followed by B
12:40	100m	U20 Women	A followed by B
	100m	U18 Women	A followed by B
13:10	400m	U20 Men	A followed by B
	400m	U18 Men	A followed by B
13:30	400m	U20 Women	A followed by B
	400m	U18 Women	A followed by B
<b>Track Break - only if time allows</b>			
13:50	100m Hurdles	U18 Women	A followed by B
	100m Hurdles	U20 Women	A followed by B
14:10	110m Hurdles	U18 Men	A followed by B
14:20	110m Hurdles	U20 Men	A followed by B
14:35	200m	U18 Women	A followed by B
	200m	U20 Women	A followed by B
15:00	200m	U18 Men	A followed by B
	200m	U20 Men	A followed by B
15:35	2000m S/Ch (83.8)	Men - All	
15:45	800m	U18 Women	A followed by B
	800m	U20 Women	A followed by B
16:00	800m	U18 Men	A followed by B
	800m	U20 Men	A followed by B

**TRACK: 3000m and S/Ch - One Race for under 20 & under 18 athletes, A & B Strings together**

### Track Cont.

Time	Event	M/F
16:20	4 x 100m R	U18 Women
	4 x 100m R	U18 Men
16:30	4 x 100m R	U20 Women
	4 x 100m R	U20 Men
16:45	1500m S/Ch (76.2)	Women - All
17:00	4 x 400m R	U18 Women
	4 x 400m R	U18 Men
	4 x 400m R	Mixed U20 M&W (B followed by A)

### FIELD Timetable

Time	Event	M/F
10:30	Hammer	Men
10:40	Long Jump	Men
11:30	Pole Vault	Men & Women
	Hammer	Women
11:50	Long Jump	Women
12:30	Shot	Women
	Discus	Men
13:30	Triple Jump	Men
	Discus	Women
	Shot	Men
	High Jump	Women
14:30	Javelin	Women
15:00	High Jump	Men
15:00	Triple Jump	Women
15:30	Javelin	Men

**FIELD: With the exception of vertical jumps all athletes will have 3 trials with top 3 U20 & 3 U18 a further 3 trials having first achieved the required standard**