

National Finals Timetable 2026 - Lower Age Group

Track

Event No.	Time	Event	M/F	Competitors
T1.1	1130	300mH	u16 Boys	A
T1.2	1135	300mH		B
T2.1	1140	300mH	u16 Girls	A
T2.2	1145	300mH		B
T3.1	1155	100m	u14 Girls	A
T3.2	1200	100m		B
T4.1	1205	100m	u14 Boys	A
T4.2	1210	100m		B
T5.1	1215	100m	u16 Girls	A
T5.2	1220	100m		B
T6.1	1225	100m	u16 Boys	A
T6.2	1230	100m		B
T7	1240	1500m	u14 Girls	One Race
T8	1250	1500m	u14 Boys	One Race
T9	1300	1500m	u16 Girls	One Race
T10	1310	1500m	u16 Boys	One Race
T11.1	1320	300m	u16 Girls	A
T11.2	1325	300m		B
T12.1	1330	300m	u16 Boys	A
T12.2	1335	300m		B
TRACK BREAK				
T13.1	1410	75mH	u14 Girls	A
T13.2	1415	75mH		B
T14.1	1425	80mH	u14 Boys	A
T14.2	1430	80mH		B
T15.1	1435	80mH	u16 Girls	A
T15.2	1440	80mH		B
T16.1	1455	100mH	u16 Boys	A
T16.2	1500	100mH		B
T17.1	1510	200m	u14 Girls	A
T17.2	1515	200m		B
T18.1	1520	200m	u14 Boys	A
T18.2	1525	200m		B
T19.1	1530	200m	u16 Girls	A
T19.2	1535	200m		B
T20.1	1540	200m	u16 Boys	A
T20.2	1545	200m		B
T21.1	1555	800m	u16 Girls	A
T21.2	1600	800m		B
T22.1	1605	800m	u16 Boys	A
T22.2	1610	800m		B

Track continued

Event No.	Time	Event	M/F	Competitors
T23.1	1615	800m	u14 Girls	A
T23.2	1620	800m		B
T24.1	1625	800m	u14 Boys	A
T24.2	1630	800m		B
T25	1640	4 x 100m	u16 Girls	
T26	1650	4 x 100m	u16 Boys	
T27	1700	4 x 100m	u14 Girls	
T28	1710	4 x 100m	u14 Boys	
T29	1725	4 x 300m	u16 Girls	
T30	1735	4 x 300m	u16 Boys	

FIELD

Event No.	Time	Event	M/F
F1	1015	Hammer	u16 Boys
F2	1030	Long Jump	u16 Girls
F3	1035	High Jump	u14 Girls
F4	1105	Hammer	u16 Girls
F5	1115	Shot	u16 Boys
F6	1130	Pole Vault	u16 & u14 Boys
F7	1155	Hammer	u14 B & G
F8	1200	Long Jump	u16 Boys
F9	1230	High Jump	u14 Boys
F10	1230	Shot	u14 Girls
F11	1245	Discus	u16 Boys
F12	1335	Discus	u16 Girls
F13	1400	Long Jump	u14 Girls
F14	1400	Shot	u16 Girls
F15	1415	High Jump	u16 Girls
F16	1425	Discus	u14 B & G
F17	1430	Pole Vault	u16 & u14 Girls
F18	1515	Javelin	u16 Boys
F19	1530	Shot	u14 Boys
F20	1530	Long Jump	u14 Boys
F21	1605	Javelin	u16 Girls
F22	1605	High Jump	u16 Boys
F23	1655	Javelin	u14 B & G

3 trials per athlete except vertical jumps