

This is a draft timetable for entry purposes only, a FINAL timetable will be published on 19th June 2026				
Track				
Event No	Time	Event	Age	Round
	10:00	3 x 800m Relay	U18 Women	Timed Finals
	10:10	3 x 800m Relay	U18 Men	Timed Finals
	10:20	4 x 100m Relay	U18 Women	1
	10:30	4 x 100m Relay	U18 Men	1
	10:40	4 x 100m Relay	U16 Boys	1
	10:50	4 x 100m Relay	Senior Women	1
	11:00	4 x 100m Relay	Senior Men	1
	11:10	4 x 100m Relay	U16 Girls	1
	11:30	Medley (600/200/600/200m)	U14 Girls	Timed Finals
	11:55	Medley (600/200/600/200m)	U14 Boys	Timed Finals
Lunch				
	13:00	3 x 800m Relay	Senior Women	Timed Finals
	13:10	3 x 800m Relay	Masters Women	Timed Finals
	13:20	3 x 800m Relay	Senior Men	Timed Finals
	13:30	3 x 800m Relay	Masters Men	Timed Finals
	13:40	4 x 100m Relay	U18 Women	Final
	13:45	4 x 100m Relay	U18 Men	Final
	13:50	4 x 100m Relay	U16 Boys	Final
	13:55	4 x 100m Relay	Senior Women	Final
	14:00	4 x 100m Relay	Senior Men	Final
	14:05	4 x 100m Relay	U16 Girls	Final
	14:10	4 x 400m Relay	U18 Women	Timed Finals
	14:30	4 x 400m Relay	U18 Men	Timed Finals
	14:40	4 x 400m Relay	Senior Women	Timed Finals
	14:50	4 x 400m Relay	Senior Men	Timed Finals
	15:10	Medley (300/800/200/600m)	U16 Girls	Timed Finals
	15:30	Medley (300/800/200/600m)	U16 Boys	Timed Finals
If heats are not required Finals will be run at Heat Time				