

REVISED TIMETABLE

Declarations will close at the designated time. Heats will run fastest to slowest.

Track - 5th July 2026

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
1	10:30	11:20	11:30	110m Hurdles	All Men
2	10:55	11:45	11:55	100m Hurdles	All Women
3	11:15	12:05	12:15	100m	All Men
4	11:45	12:35	12:45	100m	All Women
5	12:10	13:00	13:10	800m	All Men
6	12:20	13:10	13:20	800m	All Women
LUNCH BREAK					
9	13:15	14:05	14:15	200m	All Men
10	13:45	14:35	14:45	200m	All Women
11	14:35	14:55	15:05	1500m	All Men
12	14:15	15:05	15:15	1500m	All Women
13	14:25	15:15	15:25	400m	All Men
15	14:45	15:35	15:45	400m	All Women

Heats will run Fastest to Slowest

Field - 5th July 2026

Event No	Declarations Close	Call Up Time	Event Time	Event	Age Group
30	10:00	10:40	11:00	Long Jump	All Women
31	10:00	10:40	11:00	Discus	All Women
32	10:00	10:40	11:00	Shot	All Men
33	10:45	11:25	11:45	Pole Vault	All Men
34	10:45	11:25	11:45	Pole Vault	All Women
35	11:30	12:10	12:30	Discus	All Men
36	11:30	12:10	12:30	Long Jump	All Men
37	11:30	12:10	12:30	Shot	U18W
38	11:30	12:10	12:30	High Jump	All Women
39	13:00	13:40	14:00	High Jump	All Men
41	13:00	13:40	14:00	Javelin	All Women
42	13:00	13:40	14:00	Triple Jump	All Women
43	14:15	14:55	15:15	Shot	U20W/SW
44	14:15	14:55	15:15	Triple Jump	All Men
46	14:15	14:55	15:15	Javelin	All Men

FIELD ATHLETES REPORT DIRECTLY AT EVENT