

Friday Evening – 29th May 2026

Field Events:

17.30	Minor Girls	Long Jump
17.30	Minor Boys	High Jump
17.30	Junior Boys	Triple Jump
17.30	Junior Boys	Hammer
17.30	Minor Boys	Shot
17.30	Junior Girls	Discus
17.30	Junior Girls	Pole Vault
17.30	Junior Boys	Javelin

18.30	Junior Boys	High Jump
18.30	Minor Boys	Long Jump
18.30	Junior Girls	Triple Jump
18.30	Junior Girls	Hammer
18.30	Minor Girls	Shot

18.45	Junior Boys	Discus
18.45	Junior Boys	Pole Vault
18.45	Junior Girls	Javelin

19.30	Minor Girls	High Jump
19.30	Junior Girls	Long Jump
19.30	Junior Boys	Long Jump

Track Events:

18.00	Junior Girls	1200m Walk
18.15	Junior Boys	1200m Walk
18.30	Inter Girls	2000m Walk
18.45	Inter Boys	2000m Walk
19.00	Senior Girls	3000m Walk
19.15	Senior Boys	3000m Walk

19.30	Inter Girls	1500m S/chase
19.40	Senior Girls	1500m S/chase
19.50	Senior Boys	5000m
20.10	Inter Boys	1500m S/chase
20.20	Senior Boys	2000m S/Chase

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Track Events:

Saturday 30th May 2026

Field Events:

			10.00	Inter Girls	3000m
			10.15	Senior Girls	3000m
			10.30	Senior Boys	400m Hurdles
			10.35	Inter Boys	400m Hurdles
			10.40	Senior Girls	400m Hurdles
			10.45	Inter Girls	300m Hurdles
			10.55	Minor Girls	100m
			11.00	Minor Boys	100m
			11.05	Junior Girls	100m
			11.10	Junior Boys	100m
			11.15	Inter Girls	100m
			11.20	Inter Boys	100m
			11.25	Senior Girls	100m
			11.30	Senior Boys	100m
			11.40	Minor Girls	800m
			11.45	Minor Boys	800m
			11.50	Junior Girls	800m
			11.55	Junior Boys	800m
			12.00	Inter Girls	800m
			12.05	Inter Boys	800m
			12.10	Senior Girls	800m
			12.15	Senior Boys	800m
			12.30	Junior Girls	200m
			12.35	Junior Boys	200m
			12.40	Inter Girls	200m
			12.45	Inter Boys	200m
			12.50	Senior Girls	200m
			12.55	Senior Boys	200m
			13.00	Inter Boys	3000m
			13.15	Senior Boys	110m Hurdles
			13.20	Inter Boys	100m Hurdles
			13.25	Senior Girls	100m Hurdles
			13.35	Junior Boys	80m Hurdles
			13.40	Inter Girls	80m Hurdles
			13.45	Junior Girls	75m Hurdles
			13.55	Minor Boys	75m Hurdles
			14.00	Minor Girls	75m Hurdles
			14.10	Inter Girls	300m
			14.15	Inter Boys	400m
			14.20	Senior Girls	400m
			14.25	Senior Boys	400m
			14.30	Under 16 Girls	1 Mile
			14.40	Under 16 Boys	1 Mile
			14.50	Junior Girls	1500m
			15.00	Junior Boys	1500m
			15.10	Inter Girls	1500m
			15.20	Inter Boys	1500m
			15.30	Senior Girls	1500m
			15.40	Senior Boys	1500m
			15.50	Minor Girls	Relay
			16.00	Minor Boys	Relay
			16.10	Junior Girls	Relay
			16.20	Junior Boys	Relay
			16.30	Inter Girls	Relay
			16.35	President's Address	
			16.40	Inter Boys	Relay
			16.50	Senior Girls	Relay
			17.00	Senior Boys	Relay
			17.10	Senior Girls	Relay (4 x 300m)
			17.20	Senior Boys	Relay (4 x 400m)