

**Day 1 - Saturday 28th February 2026**

TRACK				FIELD		
12:00	400m	W	Heats			
12:24	400m	M	Heats			
13:00	1500m	W	Heats	13:15	High Jump	Women
13:18	1500m	M	Heats	15:15	High Jump	Men
13:42	200m	W	Heats			
14:18	200m	M	Heats			
15:00	60mH	W	Heats	11:45	Weight for Distance	Women
15:10	800m	W	Heats	12:45	Weight for Distance	Men
15:25	800m	M	Heats			
15:50	200m	W	Final			
16:00	200m	M	Final	13:30	Triple Jump	Men
16:10	60mH	W	Final	15:45	Triple Jump	Women
16:20	60mH	M	Final			
16:30	400m	W	Semi			
						If 20+ in Heats
16:40	400m	M	Semi			
						If 20+ in Heats
16:55	4x200m	W	Final			
17:10	4x200m	M	Final			

**Day 2 - Sunday 1st March 2026**

TRACK				FIELD		
11:30	60m	W	Heats	10:30	PV - Warm Up	Men
11:50	60m	M	Heats	11:30	Pole Vault	Men
12:35	3000m Walk	W	Final			
13:00	5000m Walk	M	Final	13:10	PV - Warm Up	Women
13:30	3000m	M	Final C	14:10	Pole Vault	Women
13:45	3000m	M	Final B			
14:00	60m	W	Semi	13:05	Shot Put	Men
14:10	60m	M	Semi	14:50	Shot Put	Women
14:35	3000m	W	Final			
15:00	3000m	M	Final A	12:30	Long Jump	Women
15:15	1500m	W	Final	15:10	Long Jump	Men
15:25	1500m	M	Final			
15:35	400m	W	Final			
15:45	400m	M	Final			
15:55	60m	W	Final			
16:05	60m	M	Final			
16:13	800m	W	Final			
16:21	800m	M	Final			
16:35	4x400m	W	Final			
16:45	4x400m	M	Final			

**Check-in closes 90 minutes before events**

**Callroom**

Track	20 Minutes
Throws	50 Minutes
Long/Triple	50 Minutes
High Jump	65 Minutes
Pole Vault	80 Minutes