

Lower Age Group Premier Timetable 2026

TRACK Timetable

Time	Event	M/F	Competitors
11:00	300mH (84.0)	U16 Boys	
	300mH (76.2)	U16 Girls	
11:35	1500m	U14 Girls	One Race
	1500m	U14 Boys	One Race
11:55	1500m	U16 Girls	One Race
	1500m	U16 Boys	One Race
12:20	100m	U14 Girls	
	100m	U14 Boys	
12:45	100m	U16 Girls	
	100m	U16 Boys	

Track Break - only if time allows

13:35	75mH (68.0)	U14 Girls	
13:50	80mH (76.0)	U14 Boys	
14:00	80mH (76.0)	U16 Girls	
14:15	100mH (84.0)	U16 Boys	
14:30	300m	U16 Girls	
14:40	300m	U16 Boys	
14:50	200m	U14 Girls	
15:00	200m	U14 Boys	
15:10	200m	U16 Girls	
15:20	200m	U16 Boys	
15:35	800m	U16 Girls	
15:50	800m	U16 Boys	
16:05	800m	U14 Girls	
16:20	800m	U14 Boys	
16:40	4x100m	U16 Girls	
	4x100m	U16 Boys	
17:00	4x100m	U14 Boys	
	4x100m	U14 Girls	
17:20	4x300m	U16 Girls	
	4x300m	U16 Boys	

FIELD Timetable

Time	Event	M/F
10:15	Javelin	U16 Boys
	Long Jump	U16 Girls
11:05	Javelin	U16 Girls
	Long Jump	U16 Boys
	High Jump	U14 Girls
	Shot	U14 Boys
11:55	Javelin	U14 B & G
	Pole Vault	U16 B & G
12:30	Shot	U14 Girls
	High Jump	U14 Boys
12:45	Hammer	U16 Boys
13:35	Hammer	U14 B&G
	Shot	U16 Boys
	High Jump	U16 Girls
14:25	Hammer	U16 Girls
	Long Jump	U14 Boys
15:00	Shot	U16 Girls
15:15	Discus	U14 B & G
	High Jump	U16 Boys
	Pole Vault	U14 B & G
16:05	Discus	U16 Boys
	Long Jump	U14 Girls
16:50	Discus	U16 Girls

3 trials per athlete except vertical jumps

U16 B&G - 2 athletes per event

U14 B&G - PV, DT, HT, JT A string only. A & B string in all other events

Non-Scorers - up to 4 entries per sex, per age group permitted to compete across the programme.

Lower Age Group NON Premier Timetable 2026

TRACK Timetable

Time	Event	M/F	Competitors
11:00	300mH (84.0)	U16 Boys	
11:15	300mH (76.2)	U16 Girls	
11:35	1500m	U14 Girls	One Race
11:45	1500m	U14 Boys	One Race
11:55	1500m	U16 Girls	One Race
12:05	1500m	U16 Boys	One Race
12:20	100m	U14 Girls	
	100m	U14 Boys	
12:45	100m	U16 Girls	
	100m	U16 Boys	

Track Break - only if time allows

13:35	75mH (68.0)	U14 Girls	
13:50	80mH (76.0)	U14 Boys	
14:00	80mH (76.0)	U16 Girls	
14:15	100mH (84.0)	U16 Boys	
14:30	300m	U16 Girls	
14:40	300m	U16 Boys	
14:50	200m	U14 Girls	
15:00	200m	U14 Boys	
15:10	200m	U16 Girls	
15:20	200m	U16 Boys	
15:35	800m	U16 Girls	
15:50	800m	U16 Boys	
16:05	800m	U14 Girls	
16:20	800m	U14 Boys	
16:40	4x100m	U16 Girls	
	4x100m	U16 Boys	
17:00	4x100m	U14 Boys	
	4x100m	U14 Girls	
17:20	4x300m	U16 Girls	
	4x300m	U16 Boys	

FIELD Timetable

Time	Event	M/F
10:30	Javelin	U16 Boys
11:15	Long Jump	U16 Girls
	Javelin	U16 Girls
	Long Jump	U16 Boys
	High Jump	U14 Girls
	Shot	U14 Boys
12:00	Javelin	U14 B & G
	Pole Vault	U16 B & G
12:30	Shot	U14 Girls
	High Jump	U14 Boys
12:45	Hammer	U16 Boys
13:30	Hammer	U14 B&G
	Shot	U16 Boys
	High Jump	U16 Girls
14:15	Hammer	U16 Girls
	Long Jump	U14 Boys
14:45	Shot	U16 Girls
15:00	Discus	U14 B & G
	High Jump	U16 Boys
	Pole Vault	U14 B & G
15:45	Discus	U16 Boys
	Long Jump	U14 Girls
16:30	Discus	U16 Girls

3 trials per athlete except vertical jumps

U16 B&G - 2 athletes per event

U14 B&G - PV, DT, HT, JT A string only. A & B string in all other events

Non-Scorers - up to 4 entries per sex, per age group permitted to compete across the programme.