

## Upper Age Group Premier Timetable 2026

### TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles (91.4)	U20 Men	A followed by B
11:10	400m Hurdles (84.0)	U18 Men	A followed by B
11:20	400m Hurdles (76.2)	U20 Women	A followed by B
11:20	400m Hurdles (76.2)	U18 Women	A followed by B
11:40	1500m matches 1&3 3000m Match 2	U20 Men	U20 A & B String
		U18 Men	U18 A & B String
11:55		U20 Women	U20 A & B String
		U18 Women	U18 A & B String
12:10	100m	U20 Men	A followed by B
	100m	U18 Men	A followed by B
12:40	100m	U20 Women	A followed by B
	100m	U18 Women	A followed by B
13:10	400m	U20 Men	A followed by B
	400m	U18 Men	A followed by B
13:30	400m	U20 Women	A followed by B
	400m	U18 Women	A followed by B

### Track Break - only if time allows

14:00	100m Hurdles (76.2)	U18 Women	A followed by B
14:15	100m Hurdles (84.0)	U20 Women	A followed by B
14:30	110m Hurdles (91.4)	U18 Men	A followed by B
14:45	110m Hurdles (99.0)	U20 Men	A followed by B
15:05	200m	U18 Women	A followed by B
	200m	U20 Women	A followed by B
15:30	200m	U18 Men	A followed by B
	200m	U20 Men	A followed by B
15:55	2000m S/Ch	Men - All	
16:10	800m	U18 Women	A followed by B
	800m	U20 Women	A followed by B
16:30	800m	U18 Men	A followed by B
	800m	U20 Men	A followed by B
16:50	4 x 100m R	U20 Women	
	4 x 100m R	U18 Women	
17:00	4 x 100m R	U20 Men	
	4 x 100m R	U18 Men	
17:15	1500m S/Ch	Women - All	
17:30	4 x 400m R	U18 Women	
	4 x 400m R	U18 Men	
	4 x 400m R	Mixed U20 M&W	B followed by A

### FIELD Timetable

Time	Event	M/F
10:30	Hammer	Men
10:45	Long Jump	Men
11:45	Hammer	Women
11:45	Pole Vault	Men
12:15	Long Jump	Women
12:40	Shot	Women
13:00	Discus	Men
13:00	High Jump	Men
13:45	Triple Jump	Men
14:15	Discus	Women
14:15	Shot	Men
14:15	Pole Vault	Women
15:00	High Jump	Women
15:30	Javelin	Women
15:30	Triple Jump	Women
16:30	Javelin	Men

**FIELD: With the exception of vertical jumps all athletes will have 3 trials with top 2 U20 & 2 U18 a further 3 trials having first achieved the required standard**

**TRACK: 3000m and S/Ch - One Race for under 20 & under 18 athletes, A & B Strings together**

## Upper Age Group NON Premier Timetable 2026

### TRACK Timetable

Time	Event	M/F	Competitors
11:00	400m Hurdles (91.4)	U20 Men	A followed by B
	400m Hurdles (84.0)	U18 Men	A followed by B
11:20	400m Hurdles (76.2)	U20 Women	A followed by B
	400m Hurdles (76.2)	U18 Women	A followed by B
11:40	1500m matches 1&3 3000m match 2	U20 Men	A & B String/ALL
		U18 Men	A & B String/ALL
11:55		U20 Women	A & B String/ALL
		U18 Women	A & B String/ALL
12:10	100m	U20 Men	A followed by B
	100m	U18 Men	A followed by B
12:40	100m	U20 Women	A followed by B
	100m	U18 Women	A followed by B
13:10	400m	U20 Men	A followed by B
	400m	U18 Men	A followed by B
13:30	400m	U20 Women	A followed by B
	400m	U18 Women	A followed by B

### Track Break - only if time allows

13:50	100m Hurdles (76.2)	U18 Women	A followed by B
	100m Hurdles (84.0)	U20 Women	A followed by B
14:10	110m Hurdles (91.4)	U18 Men	A followed by B
14:20	110m Hurdles (99.0)	U20 Men	A followed by B
14:35	200m	U18 Women	A followed by B
	200m	U20 Women	A followed by B
15:00	200m	U18 Men	A followed by B
	200m	U20 Men	A followed by B
15:35	2000m S/Ch	Men - All	
15:45	800m	U18 Women	A followed by B
	800m	U20 Women	A followed by B
16:00	800m	U18 Men	A followed by B
	800m	U20 Men	A followed by B
16:20	4 x 100m R	U18 Women	
	4 x 100m R	U18 Men	
16:30	4 x 100m R	U20 Women	
	4 x 100m R	U20 Men	
16:45	1500m S/Ch	Women - All	
17:00	4 x 400m R	U18 Women	
	4 x 400m R	U18 Men	
	4 x 400m R	Mixed U20 M&W	B followed by A

### FIELD Timetable

Time	Event	M/F
10:30	Hammer	Men
10:40	Long Jump	Men
11:30	Pole Vault	Men & Women
	Hammer	Women
11:50	Long Jump	Women
12:30	Shot	Women
	Discus	Men
13:30	Triple Jump	Men
	Discus	Women
	Shot	Men
	High Jump	Women
14:30	Javelin	Women
15:00	High Jump	Men
15:00	Triple Jump	Women
15:30	Javelin	Men

**FIELD: With the exception of vertical jumps all athletes will have 3 trials with top 2 U20 & 2 U18 a further 3 trials having first achieved the required standard**

**TRACK: 3000m and S/Ch - One Race for under 20 & under 18 athletes, A & B Strings together**