

National Finals 2026 - Upper Age Group Lane Draws

Time	Event	M/F	Competitors	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
11.00	400m Hurdles	U20 Men	A Race	6	5	4	3	1	2
11.05	400m Hurdles	U20 Men	B Race	66	55	44	33	11	22
11.15	400m Hurdles	U18 Men	A Race	C	D	A	E	B	F
11.20	400m Hurdles	U18 Men	B Race	CC	DD	AA	EE	BB	FF
11.30	400m Hurdles	U20 Women	A Race	1	6	2	4	3	5
11.35	400m Hurdles	U20 Women	B Race	11	66	22	44	33	55
11.45	400m Hurdles	U18 Women	A Race	B	A	C	F	E	D
11.50	400m Hurdles	U18 Women	B Race	BB	AA	CC	FF	EE	DD
11.55	1500m	U20 Men	A & B String	3/33	6/66	2/22	4/44	1/11	5/55
12.00	1500m	U18 Men	A & B String	D/DD	E/EE	A/AA	C/CC	F/FF	B/BB
12.05	1500m	U20 Women	A & B String	2/22	1/11	5/55	6/66	4/44	3/33
12.10	1500m	U18 Women	A & B String	A/AA	D/DD	C/CC	B/BB	E/EE	F/FF
12.15	100m	U20 Men	A Race	4	3	1	2	5	6
12.20	100m	U20 Men	B Race	44	33	11	22	55	66
12.25	100m	U18 Men	A Race	F	E	C	D	B	A
12.30	100m	U18 Men	B Race	FF	EE	CC	DD	BB	AA
12.35	100m	U20 Women	A Race	2	1	6	5	4	3
12.40	100m	U20 Women	B Race	22	11	66	55	44	33
12.45	100m	U18 Women	A Race	C	D	B	A	F	E
12.50	100m	U18 Women	B Race	CC	DD	BB	AA	FF	EE
13.00	400m	U20 Men	A Race	5	2	3	6	1	4
13.05	400m	U20 Men	B Race	55	22	33	66	11	44
13.10	400m	U18 Men	A Race	C	A	D	E	F	B
13.15	400m	U18 Men	B Race	CC	AA	DD	EE	FF	BB
13.20	400m	U20 Women	A Race	4	2	5	1	6	3
13.25	400m	U20 Women	B Race	44	22	55	11	66	33
13.35	400m	U18 Women	A Race	E	C	F	B	D	A
13.40	400m	U18 Women	B Race	EE	CC	FF	BB	DD	AA
13.45	3000m	Men	All	2/22/B/BB	6/66/F/FF	4/44/D/DD	5/55/E/EE	3/33/C/CC	1/11/A/AA
14.00	100m Hurdles	U18 Women	A Race	C	B	E	F	A	D
14.05	100m Hurdles	U18 Women	B Race	CC	BB	EE	FF	AA	DD
14.10	100m Hurdles	U20 Women	A Race	4	5	2	1	6	3
14.15	100m Hurdles	U20 Women	B Race	44	55	22	11	66	33
14.20	3000m	Women	All	4/44/D/DD	5/55/E/EE	3/33/C/CC	1/11/A/AA	2/22/B/BB	6/66/F/FF
14.40	110m Hurdles	U18 Men	A Race	A	F	D	C	E	B
14.45	110m Hurdles	U18 Men	B Race	AA	FF	DD	CC	EE	BB
14.50	110m Hurdles	U20 Men	A Race	2	3	6	5	4	1
14.55	110m Hurdles	U20 Men	B Race	22	33	66	55	44	11
15.05	200m	U20 Men	A Race	4	3	6	1	2	5
15.10	200m	U20 Men	B Race	44	33	66	11	22	55
15.15	200m	U18 Men	A Race	A	E	B	D	C	F
15.20	200m	U18 Men	B Race	AA	EE	BB	DD	CC	FF
15.25	200m	U20 Women	A Race	2	6	5	3	4	1
15.30	200m	U20 Women	B Race	22	66	55	33	44	11
15.35	200m	U18 Women	A Race	F	D	A	B	E	C
15.40	200m	U18 Women	B Race	FF	DD	AA	BB	EE	CC
15.45	800m	U20 Men	A Race	2	5	1	6	4	3
15.50	800m	U20 Men	B Race	22	55	11	66	44	33
15.55	800m	U18 Men	A Race	F	B	D	C	A	E
16.00	800m	U18 Men	B Race	FF	BB	DD	CC	AA	EE
16.05	800m	U20 Women	A Race	4	1	5	2	3	6
16.10	800m	U20 Women	B Race	44	11	55	22	33	66
16.15	800m	U18 Women	A Race	A	C	B	F	E	D
16.20	800m	U18 Women	B Race	AA	CC	BB	FF	EE	DD
16.30	2000m s/c	U20 Men	One Race	6/66	4/44	1/11	3/33	5/55	2/22
16.45	2000m s/c	U18 Men	One Race	F/FF	D/DD	A/AA	C/CC	E/EE	B/BB
16.55	4 x 100m R	U18 Women	One Race	D	C	F	A	E	B
17.00	4 x 100m R	U18 Men	One Race	A	E	B	D	C	F
17.05	4 x 100m R	U20 Women	One Race	2	6	3	5	1	4
17.10	4 x 100m R	U20 Men	One Race	6	4	1	2	5	3
17.15	1500m s/c	Women	All	3/33/C/CC	1/11/A/AA	2/22/B/BB	6/66/F/FF	4/44/D/DD	5/55/E/EE
17.30	4 x 400m R	U18 Women	One Race	C	B	E	F	D	A
17.40	4 x 400m R	U18 Men	One Race	F	D	A	C	B	E
17.50	4 x 400m R	U20 Mixed	B Race	55	66	44	22	11	33
18.00	4 x 400m R	U20 Mixed	A Race	1	2	5	6	3	4