

**SATURDAY, JULY 4TH, 2026**

**Morning Session**

**Track**

Time	Event	Heats (Entries)
10:00 AM	U20 Womens/Mens combined 3000m	1 (3)
10:20 AM	U16 Girls/Boys 1500m S/C - 30" No Water	1 (2)
10:30 AM	U18 Girls 2000m S/C - 30"	1 (1)
10:40 AM	U18 Boys 2000m S/C - 33"	1 (3)
11:00 AM	Open 200m Wheelchair (WC)	1 (1)
11:15 AM	U16 Girls 100m Heats	2 (10)
11:20 AM	U16 Boys 100m *Timed Final	1 (6)
11:25 AM	U18 Girls 100m *Timed Final	1 (3)
11:30 AM	U18 Boys 100m *Timed Final	1 (7)
11:35 AM	U20 Womens 100m *Timed Final	1 (3)
11:40 AM	U20 Mens 100m *Timed Final	1 (6)
11:45 AM	Senior Womens/Masters 100m *Timed Final	1 (4)
11:50 AM	Senior Mens 100m Heats	2 (12)
12:00 PM	U14 Girls 80m *Timed Final	1 (1)
12:05 PM	U12 Boys 60m *Timed Final	1 (2)
12:20 PM	Open 100m Wheelchair (WC)	1 (1)
12:30 PM	U16 Girls 100m Final	1 (8)
12:35 PM	Senior Mens Final	1 (8)

**Throws**

Time	Event	Entries
10:00 AM	Hammer - All Men	6
10:00 AM	Shot Put - U12/U14 W	1
11:15 AM	Seated SP - Open	4
11:30 AM	Hammer - All Women	10

**Vertical Jumps**

Time	Event	Entries
10:00 AM	High Jump - U18/Senior W	4
10:30 AM	Pole Vault - U16/U18/U20 M	6
11:15 AM	High Jump - U12/U14 W	2

**Horizontal Jumps**

Time	Event	Entries
10:00 AM	Long Jump - U12/U14 M	1
10:45 AM	Long Jump - U20/Senior M	8
11:45 AM	Long Jump — Masters M&W	5

**Afternoon Session**

**Track**

Time	Event	Heats (Entries)
1:45 PM	U14/U16/Masters Women 80mH *Timed Final	1 (6)
1:50 PM	U16/Masters Men 80mH *Timed Final	1 (3)
2:00 PM	U18 Women 100mH *Timed Final	1 (2)
2:05 PM	U20/Senior Women 100mH *Timed Final	1 (4)
2:15 PM	U18 Men 110mH *Timed Final	1 (3)
2:20 PM	U20 Men 110mH *Timed Final	1 (3)
2:25 PM	Senior Men 110mH *Timed Final	1 (2)
2:45 PM	U16 Girls 300m Timed Final	1 (5)
3:00 PM	U18 Girls 400m Timed Final	1 (2)
3:04 PM	U18 Boys 400m Timed Final	1 (4)
3:08 PM	U20 Girls 400m Timed Final	1 (3)
3:12 PM	U20 Boys 400m Timed Final	1 (6)
3:18 PM	Senior Girls 400m Timed Final	1 (3)
3:22 PM	Senior Boys 400m Timed Final	1 (6)
3:26 PM	Mixed M/F Masters 400m Timed Final	1 (3)
3:30 PM	Wheelchair 400m Final	1 (1)
3:42 PM	U16 Girls 1200m	1 (4)
3:48 PM	U16 Boys 1200m	1 (4)
3:55 PM	U18 Girls 1500m	1 (2)
4:03 PM	U18 Boys 1500m	1 (4)
4:10 PM	U20 Women 1500m	1 (5)
4:18 PM	Senior Men 1500m	1 (5)
4:30 PM	Mixed M/F Masters Mile	1 (7)

**Throws**

Time	Event	Entries
1:30 PM	Shot Put - U20/Senior/Master M	5
1:30 PM	Discus - U16/U18 W	5
2:45 PM	Discus - U20/Senior/Master W	3
2:45 PM	Shot Put - U18 M	3
3:45 PM	Seated Discus - Open	3

**Vertical Jumps**

Time	Event	Entries
2:30 PM	High Jump - U16 W	3

**Horizontal Jumps**

Time	Event	Entries
2:00 PM	Triple Jump - U16/U18/U20/Senior W	8
3:30 PM	Long Jump - U16/U18 M	6

## SUNDAY, JULY 5TH, 2026

### Morning Session

#### Track

Time	Event	Heats (Entries)
10:00 AM	U16 Girls/Boys 2000m	1 (3)
10:10 AM	U18 Men 3000m	1 (5)
10:25 AM	U20/Senior M/W 5000m	1 (5)
11:00 AM	Senior Men 200m Heats	1 (9)
11:05 AM	U16 Girls 200m * <b>Timed Final</b>	1 (8)
11:10 AM	U16 Boys 200m * <b>Timed Final</b>	1 (5)
11:15 AM	U18 Girls 200m * <b>Timed Final</b>	1 (5)
11:20 AM	U18 Boys 200m * <b>Timed Final</b>	1 (4)
11:25 AM	U20 Women 200m * <b>Timed Final</b>	1 (4)
11:30 AM	U20 Men 200m * <b>Timed Final</b>	1 (4)
11:35 AM	Senior Women 200m * <b>Timed Final</b>	1 (5)
11:50 AM	Mixed Masters M/W 200m * <b>Timed Final</b>	1 (5)
12:00 PM	U12 Boys 150m Final	1 (1)
12:10 PM	Senior Men 200m Finals	1 (8)

#### Throws

Time	Event	Entries
10:00 AM	Javelin - U20/Senior/Master M	4
10:00 AM	Shot Put - U16 W	3
11:15 AM	Shot Put - U18/U20/Senior/Master W	9
12:15 PM	Discus - U20/Senior/Master M	3

#### Vertical Jumps

Time	Event	Entries
10:00 AM	Pole Vault - U16/U18/U20/Masters W	10
12:00 PM	High Jump - Masters M/W	3

#### Horizontal Jumps

Time	Event	Entries
10:30 AM	Long Jump- U12/U14 W	2
11:30 AM	Long Jump - U16 W	9

### Afternoon Session

#### Track

Time	Event	Heats (Entries)
1:30 PM	U16 Girls 200m Hurdles	1 (5)
1:35 PM	U16 Boys 200m Hurdles	1 (1)
1:50 PM	U18/Senior Women 400m Hurdles	1 (3)
1:57 PM	U18 Men 400m Hurdles	1 (2)
2:05 PM	U20/Senior Men 400m Hurdles	1 (4)
2:20 PM	U12 Boys/Girls 600m	1 (3)
2:35 PM	U14/U16 Girls 800m	1 (6)
2:40 PM	U16 Boys 800m	1 (5)
2:45 PM	U18 Girls 800m	1 (5)
2:50 PM	U18 Boys 800m	1 (4)
2:55 PM	U20/Senior Girls 800m	1 (6)
3:00 PM	U20 Boys 800m	1 (11)
3:05 PM	Senior Boys 800m	1 (9)
3:20 PM	U16 Girls 4x100m	1 (1)
3:20 PM	U20 Mens 4x100m	1 (1)

#### Throws

Time	Event	Entries
1:30 PM	Javelin - U16/U18 M	3
2:30 PM	Javelin - U16/U20/Senior/Master W	6
3:30 PM	Discus - U16/U18 M	4
3:30 PM	Seated Javelin - Open	2

#### Vertical Jumps

Time	Event	Entries
1:30 PM	High Jump - U20/Senior M	6
3:00 PM	High Jump - U16/U18 M	2

#### Horizontal Jumps

Time	Event	Entries
1:30 PM	Long Jump - U18/U20/Senior W	5
2:45 PM	Triple Jump - U18/U20/Senior/Masters M	7