

Day	Time	Age Group	Gender	Event	Round	Note/Weight
Monday, 18 May 2026	8:30:00 AM	Masters	Men	3000m	Timed Final	
Monday, 18 May 2026	8:30:00 AM	Masters	Men	Long Jump		
Monday, 18 May 2026	8:30:00 AM	Masters	Women	3000m	Timed Final	
Monday, 18 May 2026	8:30:00 AM	Masters	Women	Javelin		
Monday, 18 May 2026	9:20:00 AM	Under 18	Women	High Jump		
Monday, 18 May 2026	9:25:00 AM	Under 18	Women	2000m Steeplechase	Timed Final	0.762m
Monday, 18 May 2026	9:40:00 AM	Under 18	Men	2000m Steeplechase	Timed Final	0.838m
Monday, 18 May 2026	10:00:00 AM	Masters	Men	Long Jump		
Monday, 18 May 2026	10:00:00 AM	Masters	Women	Javelin		
Monday, 18 May 2026	10:00:00 AM	Seated	Men	Shot Put		
Monday, 18 May 2026	10:00:00 AM	Wheelchair	Men	100m	Round 1	
Monday, 18 May 2026	10:00:00 AM	Ambulant	Women	Javelin		
Monday, 18 May 2026	10:20:00 AM	Wheelchair	Women	100m	Round 1	
Monday, 18 May 2026	11:00:00 AM	Senior	Women	400m	Round 1	
Monday, 18 May 2026	11:20:00 AM	Senior	Men	400m	Round 1	
Monday, 18 May 2026	11:30:00 AM	Masters	Men	Long Jump		
Monday, 18 May 2026	11:30:00 AM	Masters	Women	Javelin		
Monday, 18 May 2026	11:30:00 AM	Senior	Men	Hammer		7.26kg
Monday, 18 May 2026	11:40:00 AM	Under 18	Men	100m	Round 1	
Monday, 18 May 2026	12:00:00 PM	Under 18	Women	100m	Round 1	
Monday, 18 May 2026	12:20:00 PM	Ambulant	Men	100m	Round 1	
Monday, 18 May 2026	12:30:00 PM	Ambulant	Women	100m	Round 1	
Monday, 18 May 2026	2:00:00 PM	Ambulant	Men	Javelin		
Monday, 18 May 2026	2:30:00 PM	Ambulant	Men	Long Jump		
Monday, 18 May 2026	2:30:00 PM	Masters	Men	Weight		
Monday, 18 May 2026	2:30:00 PM	Senior	Men	100m	Seeding Round	
Monday, 18 May 2026	2:30:00 PM	Under 18	Men	High Jump		
Monday, 18 May 2026	2:50:00 PM	Senior	Women	100m	Seeding Round	
Monday, 18 May 2026	3:00:00 PM	Seated	Women	Shot Put		
Monday, 18 May 2026	3:00:00 PM	Under 18	Men	Shot Put		5kg
Monday, 18 May 2026	3:10:00 PM	Under 18	Men	800m	Timed Final	
Monday, 18 May 2026	3:30:00 PM	Under 18	Women	800m	Timed Final	
Monday, 18 May 2026	3:50:00 PM	Masters	Men	60m	Timed Final	
Monday, 18 May 2026	4:00:00 PM	Senior	Women	Javelin		
Monday, 18 May 2026	4:15:00 PM	Masters	Men	Weight		
Monday, 18 May 2026	4:15:00 PM	Masters	Women	60m	Timed Final	
Monday, 18 May 2026	4:35:00 PM	Under 18	Women	400m Hurdles	Timed Final	0.762m
Monday, 18 May 2026	4:45:00 PM	Senior	Men	Long Jump		
Monday, 18 May 2026	4:50:00 PM	Under 18	Men	400m Hurdles	Timed Final	0.838m
Monday, 18 May 2026	5:00:00 PM	Ambulant	Women	Long Jump		
Monday, 18 May 2026	5:00:00 PM	Under 18	Women	Shot Put		3kg
Monday, 18 May 2026	5:10:00 PM	Senior	Women	1500m	Round 1	
Monday, 18 May 2026	5:30:00 PM	Masters	Men	Weight		
Monday, 18 May 2026	5:30:00 PM	Senior	Men	1500m	Round 1	
Monday, 18 May 2026	5:50:00 PM	Ambulant	Men	100m	Final	
Monday, 18 May 2026	5:56:00 PM	Ambulant	Women	100m	Final	
Monday, 18 May 2026	6:02:00 PM	Wheelchair	Men	100m	Final	
Monday, 18 May 2026	6:08:00 PM	Wheelchair	Women	100m	Final	
Monday, 18 May 2026	6:14:00 PM	Under 18	Men	100m	Final	
Monday, 18 May 2026	6:20:00 PM	Under 18	Women	100m	Final	
Tuesday, 19 May 2026	8:00:00 AM	Masters	Men	Hammer		
Tuesday, 19 May 2026	8:30:00 AM	Masters	Women	High Jump		
Tuesday, 19 May 2026	8:35:00 AM	Masters	Women	Weight		
Tuesday, 19 May 2026	9:15:00 AM	Under 18	Men	Javelin		
Tuesday, 19 May 2026	9:45:00 AM	Masters	Men	Hammer		
Tuesday, 19 May 2026	10:00:00 AM	Masters	Women	Weight		
Tuesday, 19 May 2026	10:25:00 AM	Masters	Men	3000m Race Walk	Timed Final	

Tuesday, 19 May 2026	10:25:00 AM	Masters	Women	3000m Race Walk	Timed Final	
Tuesday, 19 May 2026	10:55:00 AM	Under 18	Men	400m	Round 1	
Tuesday, 19 May 2026	11:05:00 AM	Under 18	Women	Javelin		
Tuesday, 19 May 2026	11:10:00 AM	Under 18	Women	400m	Round 1	
Tuesday, 19 May 2026	11:15:00 AM	Masters	Men	Hammer		
Tuesday, 19 May 2026	11:30:00 AM	Masters	Women	Weight		
Tuesday, 19 May 2026	11:30:00 AM	Wheelchair	Men	200m	Round 1	
Tuesday, 19 May 2026	11:45:00 AM	Wheelchair	Women	200m	Round 1	
Tuesday, 19 May 2026	12:00:00 PM	Ambulant	Men	200m	Round 1	
Tuesday, 19 May 2026	12:15:00 PM	Ambulant	Women	200m	Round 1	
Tuesday, 19 May 2026	2:30:00 PM	Seated	Men	Javelin		
Tuesday, 19 May 2026	2:30:00 PM	Under 18	Men	Long Jump		
Tuesday, 19 May 2026	2:30:00 PM	Under 18	Women	Discus		
Tuesday, 19 May 2026	2:30:00 PM	Wheelchair	Women	200m	Final	
Tuesday, 19 May 2026	2:35:00 PM	Wheelchair	Men	200m	Final	
Tuesday, 19 May 2026	2:45:00 PM	Masters	Women	100m	Timed Final	
Tuesday, 19 May 2026	3:05:00 PM	Masters	Men	100m	Timed Final	
Tuesday, 19 May 2026	3:30:00 PM	Senior	Men	100m	Round 1	
Tuesday, 19 May 2026	3:50:00 PM	Under 18	Men	Discus		1.5kg
Tuesday, 19 May 2026	3:55:00 PM	Ambulant	Men	200m	Final	
Tuesday, 19 May 2026	4:05:00 PM	Ambulant	Women	200m	Final	
Tuesday, 19 May 2026	4:15:00 PM	Under 18	Men	400m	Final	
Tuesday, 19 May 2026	4:25:00 PM	Under 18	Women	400m	Final	
Tuesday, 19 May 2026	4:30:00 PM	Seated	Women	Javelin		
Tuesday, 19 May 2026	4:35:00 PM	Senior	Women	400m	Final	
Tuesday, 19 May 2026	4:40:00 PM	Under 18	Women	Long Jump		
Tuesday, 19 May 2026	4:45:00 PM	Senior	Men	400m	Final	
Tuesday, 19 May 2026	4:50:00 PM	Senior	Men	Shot Put		7.26kg
Tuesday, 19 May 2026	4:55:00 PM	Senior	Women	100m	Semi Final	
Tuesday, 19 May 2026	5:00:00 PM	Senior	Women	High Jump		
Tuesday, 19 May 2026	5:10:00 PM	Under 18	Women	1500m	Final	
Tuesday, 19 May 2026	5:15:00 PM	Senior	Women	Discus		1kg
Tuesday, 19 May 2026	5:20:00 PM	Under 18	Men	1500m	Final	
Tuesday, 19 May 2026	5:30:00 PM	Under 18	Men	4x100m	Timed Final	
Tuesday, 19 May 2026	5:40:00 PM	Under 18	Women	4x100m	Timed Final	
Tuesday, 19 May 2026	5:50:00 PM	Senior	Men	1500m	Final	
Tuesday, 19 May 2026	6:00:00 PM	Senior	Women	1500m	Final	
Tuesday, 19 May 2026	6:15:00 PM	Senior	Women	100m	Final	
Wednesday, 20 May 2026	8:00:00 AM	Masters	Men	Discus		
Wednesday, 20 May 2026	8:00:00 AM	Masters	Women	Shot Put		
Wednesday, 20 May 2026	8:30:00 AM	Masters	Men	110m Hurdles	Timed Final	0.991m
Wednesday, 20 May 2026	8:40:00 AM	Under 18	Men	110m Hurdles	Round 1	0.914m
Wednesday, 20 May 2026	8:45:00 AM	Masters	Men	High Jump		
Wednesday, 20 May 2026	8:50:00 AM	Masters	Men	100m Hurdles	Timed Final	0.914m
Wednesday, 20 May 2026	9:00:00 AM	Under 18	Women	100m Hurdles	Round 1	0.762m
Wednesday, 20 May 2026	9:10:00 AM	Masters	Women	100m Hurdles	Timed Final	0.838m
Wednesday, 20 May 2026	9:20:00 AM	Masters	Men	100m Hurdles	Timed Final	0.838m
Wednesday, 20 May 2026	9:30:00 AM	Masters	Men	80m Hurdles	Timed Final	0.762m
Wednesday, 20 May 2026	9:30:00 AM	Masters	Men	Discus		
Wednesday, 20 May 2026	9:40:00 AM	Masters	Women	80m Hurdles	Timed Final	0.762m
Wednesday, 20 May 2026	9:40:00 AM	Masters	Women	Shot Put		
Wednesday, 20 May 2026	9:45:00 AM	Under 18	Women	Triple Jump		
Wednesday, 20 May 2026	9:50:00 AM	Masters	Women	80m Hurdles	Timed Final	0.762m
Wednesday, 20 May 2026	10:00:00 AM	Masters	Men	80m Hurdles	Timed Final	0.686m
Wednesday, 20 May 2026	10:10:00 AM	Masters	Women	80m Hurdles	Timed Final	0.686m
Wednesday, 20 May 2026	10:20:00 AM	Under 18	Women	3000m	Timed Final	
Wednesday, 20 May 2026	10:35:00 AM	Ambulant	Men	400m	Round 1	
Wednesday, 20 May 2026	10:50:00 AM	Ambulant	Women	400m	Round 1	

Wednesday, 20 May 2026	11:00:00 AM	Wheelchair	Men	400m	Round 1	
Wednesday, 20 May 2026	11:10:00 AM	Wheelchair	Women	400m	Round 1	
Wednesday, 20 May 2026	11:15:00 AM	Under 18	Men	3000m	Timed Final	
Wednesday, 20 May 2026	11:15:00 AM	Under 18	Men	Triple Jump		
Wednesday, 20 May 2026	11:20:00 AM	Masters	Women	Shot Put		
Wednesday, 20 May 2026	11:30:00 AM	Under 18	Women	Hammer		3kg
Wednesday, 20 May 2026	11:35:00 AM	Masters	Men	200m	Timed Final	
Wednesday, 20 May 2026	11:55:00 AM	Masters	Women	200m	Timed Final	
Wednesday, 20 May 2026	12:15:00 PM	Under 18	Women	100m Hurdles	Final	0.762m
Wednesday, 20 May 2026	12:25:00 PM	Under 18	Men	110m Hurdles	Final	0.914m
Wednesday, 20 May 2026	1:30:00 PM	Under 18	Men	Hammer		5kg
Wednesday, 20 May 2026	2:00:00 PM	Senior	Men	200m	Seeding Round	
Wednesday, 20 May 2026	2:15:00 PM	Senior	Women	200m	Seeding Round	
Wednesday, 20 May 2026	2:30:00 PM	Ambulant	Men	Shot Put		
Wednesday, 20 May 2026	2:30:00 PM	Seated	Women	Discus		
Wednesday, 20 May 2026	2:30:00 PM	Under 18	Men	200m	Round 1	
Wednesday, 20 May 2026	2:45:00 PM	Under 18	Women	200m	Round 1	
Wednesday, 20 May 2026	3:00:00 PM	Senior	Men	800m	Round 1	
Wednesday, 20 May 2026	3:15:00 PM	Senior	Women	Hammer		4kg
Wednesday, 20 May 2026	3:20:00 PM	Senior	Women	800m	Round 1	
Wednesday, 20 May 2026	3:40:00 PM	Senior	Men	400m Hurdles	Round 1	0.914m
Wednesday, 20 May 2026	3:55:00 PM	Senior	Women	400m Hurdles	Round 1	0.762m
Wednesday, 20 May 2026	4:10:00 PM	Masters	Men	800m	Timed Final	
Wednesday, 20 May 2026	4:20:00 PM	Masters	Women	800m	Timed Final	
Wednesday, 20 May 2026	4:30:00 PM	Ambulant	Men	400m	Final	
Wednesday, 20 May 2026	4:30:00 PM	Ambulant	Women	Shot Put		
Wednesday, 20 May 2026	4:30:00 PM	Seated	Men	Discus		
Wednesday, 20 May 2026	4:37:00 PM	Ambulant	Women	400m	Final	
Wednesday, 20 May 2026	4:45:00 PM	Senior	Men	High Jump		
Wednesday, 20 May 2026	4:45:00 PM	Wheelchair	Men	400m	Final	
Wednesday, 20 May 2026	4:53:00 PM	Wheelchair	Women	400m	Final	
Wednesday, 20 May 2026	5:00:00 PM	Senior	Men	Discus		2kg
Wednesday, 20 May 2026	5:01:00 PM	Senior	Men	100m	Semi Final	
Wednesday, 20 May 2026	5:20:00 PM	Senior	Men	3000m Steeplechase	Timed Final	0.914m
Wednesday, 20 May 2026	5:35:00 PM	Under 18	Women	200m	Final	
Wednesday, 20 May 2026	5:40:00 PM	Under 18	Men	200m	Final	
Wednesday, 20 May 2026	5:50:00 PM	Senior	Women	3000m Steeplechase	Timed Final	0.762m
Wednesday, 20 May 2026	6:10:00 PM	Under 18	Mixed	4x400m	Timed Final	
Wednesday, 20 May 2026	6:20:00 PM	Senior	Men	100m	Final	
Thursday, 21 May 2026	8:30:00 AM	Masters	Women	Long Jump		
Thursday, 21 May 2026	8:30:00 AM	Under 16	Men	Javelin		
Thursday, 21 May 2026	8:30:00 AM	Under 20	Men	Hammer		6kg
Thursday, 21 May 2026	8:35:00 AM	Masters	Men	Shot Put		
Thursday, 21 May 2026	9:00:00 AM	Masters	Men	1500m	Timed Final	
Thursday, 21 May 2026	9:20:00 AM	Masters	Women	1500m	Timed Final	
Thursday, 21 May 2026	9:40:00 AM	Under 20	Men	100m	Round 1	
Thursday, 21 May 2026	10:00:00 AM	Under 20	Women	100m	Round 1	
Thursday, 21 May 2026	10:00:00 AM	Under 20	Women	Hammer		4kg
Thursday, 21 May 2026	10:05:00 AM	Masters	Men	Shot Put		
Thursday, 21 May 2026	10:10:00 AM	Masters	Women	Long Jump		
Thursday, 21 May 2026	10:20:00 AM	Ambulant	Men	800m	Timed Final	
Thursday, 21 May 2026	10:30:00AM	Under 20	Men	High Jump		
Thursday, 21 May 2026	10:30:00AM	Under 20	Women	High Jump		
Thursday, 21 May 2026	10:40:00 AM	Ambulant	Women	800m	Timed Final	
Thursday, 21 May 2026	11:00:00 AM	Wheelchair	Men	800m	Timed Final	
Thursday, 21 May 2026	11:20:00 AM	Wheelchair	Women	800m	Timed Final	
Thursday, 21 May 2026	11:30:00 AM	Masters	Women	Discus		

Thursday, 21 May 2026	11:35:00 AM	Masters	Men	Shot Put		
Thursday, 21 May 2026	11:35:00 AM	Under 16	Men	100m	Timed Final	
Thursday, 21 May 2026	11:50:00 AM	Masters	Women	Long Jump		
Thursday, 21 May 2026	11:50:00 AM	Under 16	Women	100m	Timed Final	
Thursday, 21 May 2026	12:10:00 PM	Under 20	Men	400m Hurdles	Timed Final	0.914m
Thursday, 21 May 2026	12:20:00 PM	Under 20	Women	400m Hurdles	Timed Final	0.762m
Thursday, 21 May 2026	1:00:00 PM	Masters	Women	Discus		
Thursday, 21 May 2026	1:30:00 PM	Masters	Men	400m	Timed Final	
Thursday, 21 May 2026	1:45:00 PM	Masters	Women	400m	Timed Final	
Thursday, 21 May 2026	2:30:00 PM	Under 16	Men	Shot Put		4kg
Thursday, 21 May 2026	2:30:00 PM	Under 20	Men	Javelin		
Thursday, 21 May 2026	2:30:00 PM	Under 16	Women	Discus		1kg
Thursday, 21 May 2026	2:30:00 PM	Under 20	Women	Shot Put		4kg
Thursday, 21 May 2026	2:50:00 PM	Senior	Women	200m	Round 1	
Thursday, 21 May 2026	3:00:00 PM	Senior	Men	Triple Jump		
Thursday, 21 May 2026	3:15:00 PM	Senior	Men	200m	Round 1	
Thursday, 21 May 2026	3:40:00 PM	Senior	Women	100m Hurdles	Round 1	0.838m
Thursday, 21 May 2026	4:00:00 PM	Senior	Men	110m Hurdles	Round 1	1.067m
Thursday, 21 May 2026	4:00:00 PM	Under 16	Women	Shot Put		3kg
Thursday, 21 May 2026	4:00:00 PM	Under 20	Men	Shot Put		6kg
Thursday, 21 May 2026	4:00:00 PM	Under 20	Women	Discus		1kg
Thursday, 21 May 2026	4:20:00 PM	Under 16	Men	800m	Timed Final	
Thursday, 21 May 2026	4:30:00 PM	Under 16	Women	800m	Timed Final	
Thursday, 21 May 2026	4:40:00 PM	Under 20	Men	800m	Timed Final	
Thursday, 21 May 2026	4:50:00 PM	Under 20	Women	800m	Timed Final	
Thursday, 21 May 2026	4:55:00 PM	Senior	Women	Long Jump		
Thursday, 21 May 2026	5:00:00 PM	Senior	Men	Javelin		
Thursday, 21 May 2026	5:05:00 PM	Under 20	Men	100m	Final	
Thursday, 21 May 2026	5:15:00 PM	Under 20	Women	100m	Final	
Thursday, 21 May 2026	5:25:00 PM	Senior	Men	800m	Final	
Thursday, 21 May 2026	5:35:00 PM	Senior	Men	110m Hurdles	Final	1.067m
Thursday, 21 May 2026	5:45:00 PM	Senior	Women	100m Hurdles	Final	0.838m
Thursday, 21 May 2026	5:55:00 PM	Senior	Women	800m	Final	
Thursday, 21 May 2026	6:05:00 PM	Senior	Women	200m	Final	
Thursday, 21 May 2026	6:15:00 PM	Senior	Men	200m	Final	
Friday, 22 May 2026	7:00:00 AM	Masters	Women	5000m Racewalk	Timed Final	
Friday, 22 May 2026	7:00:00 AM	Under 18	Women	5000m Racewalk	Timed Final	
Friday, 22 May 2026	7:00:00 AM	Under 20	Women	5000m Racewalk	Timed Final	
Friday, 22 May 2026	8:00:00 AM	Masters	Men	5000m Racewalk	Timed Final	
Friday, 22 May 2026	8:00:00 AM	Masters	Men	Long Jump	Pentathlon	
Friday, 22 May 2026	8:00:00 AM	Under 16	Women	Javelin		
Friday, 22 May 2026	8:00:00 AM	Under 18	Men	5000m Racewalk	Timed Final	
Friday, 22 May 2026	8:00:00 AM	Under 20	Men	5000m Racewalk	Timed Final	
Friday, 22 May 2026	8:30:00 AM	Masters	Women	Hammer		
Friday, 22 May 2026	8:50:00 AM	Under 16	Men	1500m	Timed Final	
Friday, 22 May 2026	9:00:00 AM	Masters	Men	Javelin	Pentathlon	
Friday, 22 May 2026	9:00:00 AM	Under 16	Men	Long Jump		
Friday, 22 May 2026	9:00:00 AM	Under 20	Women	Long Jump		
Friday, 22 May 2026	9:05:00 AM	Under 16	Women	1500m	Timed Final	
Friday, 22 May 2026	9:20:00 AM	Under 16	Women	90m Hurdles	Timed Final	0.762m
Friday, 22 May 2026	9:35:00 AM	Under 16	Men	100m Hurdles	Timed Final	0.838m
Friday, 22 May 2026	9:50:00 AM	Under 20	Women	100m Hurdles	Round 1	0.838m
Friday, 22 May 2026	10:00:00 AM	Masters	Women	Hammer		
Friday, 22 May 2026	10:05:00 AM	Under 20	Men	110m Hurdles	Round 1	0.991m
Friday, 22 May 2026	10:15:00 AM	Under 20	Women	Javelin		
Friday, 22 May 2026	10:20:00 AM	Masters	Men	200m	Pentathlon	
Friday, 22 May 2026	10:30:00 AM	Under 20	Men	Long Jump		
Friday, 22 May 2026	10:35:00 AM	Masters	Men	2000m Steeplechase	Timed Final	0.762m

Friday, 22 May 2026	10:35:00 AM	Masters	Women	2000m Steeplechase	Timed Final	0.762m
Friday, 22 May 2026	11:00:00 AM	Masters	Men	3000m Steeplechase	Timed Final	0.838m
Friday, 22 May 2026	11:00:00 AM	Masters	Men	Discus	Pentathlon	
Friday, 22 May 2026	11:00:00 AM	Under 16	Women	Long Jump		
Friday, 22 May 2026	11:25:00 AM	Under 20	Men	400m	Round 1	
Friday, 22 May 2026	11:45:00 AM	Under 20	Women	400m	Round 1	
Friday, 22 May 2026	11:50:00 AM	Masters	Women	Hammer		
Friday, 22 May 2026	12:00:00 PM	Masters	Men	1500m	Pentathlon	
Friday, 22 May 2026	12:15:00 PM	Wheelchair	Men	1500m	Final	
Friday, 22 May 2026	12:25:00 PM	Wheelchair	Women	1500m	Final	
Friday, 22 May 2026	12:35:00 PM	Ambulant	Men	1500m	Final	
Friday, 22 May 2026	12:45:00 PM	Ambulant	Women	1500m	Final	
Friday, 22 May 2026	1:00:00 PM	Masters	Men	Javelin		
Friday, 22 May 2026	1:00:00 PM	Masters	Women	100m	Pentathlon	
Friday, 22 May 2026	1:30:00 PM	Masters	Women	Shot Put	Pentathlon	
Friday, 22 May 2026	1:30:00 PM	Under 16	Men	Discus		1kg
Friday, 22 May 2026	2:30:00 PM	Masters	Men	Javelin		
Friday, 22 May 2026	2:30:00 PM	Masters	Women	Long Jump	Pentathlon	
Friday, 22 May 2026	2:50:00 PM	Senior	Women	400m Hurdles	Final	0.762m
Friday, 22 May 2026	3:00:00 PM	Under 20	Men	Discus		
Friday, 22 May 2026	3:00:00 PM	Senior	Men	400m Hurdles	Final	0.838m
Friday, 22 May 2026	3:20:00 PM	Under 16	Men	200m	Timed Final	
Friday, 22 May 2026	3:30:00 PM	Masters	Women	Javelin	Pentathlon	
Friday, 22 May 2026	3:30:00 PM	Under 16	Women	200m	Timed Final	
Friday, 22 May 2026	3:45:00 PM	Under 20	Men	1500m	Final	
Friday, 22 May 2026	3:55:00 PM	Under 20	Women	1500m	Final	
Friday, 22 May 2026	4:00:00 PM	Senior	Women	Triple Jump		
Friday, 22 May 2026	4:00:00 PM	Masters	Women	800m	Pentathlon	
Friday, 22 May 2026	4:10:00 PM	Senior	Men	4x100m	Timed Final	
Friday, 22 May 2026	4:25:00 PM	Senior	Women	4x100m	Timed Final	
Friday, 22 May 2026	4:30:00 PM	Ambulant	Men	Discus		
Friday, 22 May 2026	4:40:00 PM	Senior	Women	5000m	Timed Final	
Friday, 22 May 2026	4:45:00 PM	Senior	Women	Shot Put		4kg
Friday, 22 May 2026	5:07:00 PM	Under 20	Men	110m Hurdles	Final	0.991m
Friday, 22 May 2026	5:16:00 PM	Under 20	Women	100m Hurdles	Final	0.838m
Friday, 22 May 2026	5:30:00 PM	Ambulant	Women	Discus		
Friday, 22 May 2026	5:35:00 PM	Under 20	Men	400m	Final	
Friday, 22 May 2026	5:45:00 PM	Under 20	Women	400m	Final	
Friday, 22 May 2026	5:55:00 PM	Senior	Men	5000m	Timed Final	
Friday, 22 May 2026	6:15:00 PM	Senior	Mixed	4x400m	Timed Final	
Saturday, 23 May 2026	7:30:00 AM	Masters	Men	Hammer	Throws Pent Group 1	
Saturday, 23 May 2026	8:00:00 AM	Masters	Women	5000m	Timed Final	
Saturday, 23 May 2026	8:00:00 AM	Under 20	Women	5000m	Timed Final	
Saturday, 23 May 2026	8:30:00 AM	Masters	Men	Hammer	Throws Pent Group 2	
Saturday, 23 May 2026	8:30:00 AM	Masters	Men	Shot Put	Throws Pent Group 1	
Saturday, 23 May 2026	8:50:00 AM	Masters	Men	5000m	Timed Final	
Saturday, 23 May 2026	8:50:00 AM	Under 20	Men	5000m	Timed Final	
Saturday, 23 May 2026	9:00:00 AM	Masters	Men	Triple Jump		
Saturday, 23 May 2026	9:00:00 AM	Under 16	Men	High Jump		
Saturday, 23 May 2026	9:00:00 AM	Under 20	Men	Triple Jump		
Saturday, 23 May 2026	9:30:00 AM	Masters	Men	Discus	Throws Pent Group 1	
Saturday, 23 May 2026	9:30:00 AM	Masters	Men	Shot Put	Throws Pent Group 2	
Saturday, 23 May 2026	9:35:00 AM	Under 16	Men	3000m	Timed Final	
Saturday, 23 May 2026	9:55:00 AM	Under 16	Women	3000m	Timed Final	
Saturday, 23 May 2026	10:30:00 AM	Masters	Men	Discus	Throws Pent Group 2	
Saturday, 23 May 2026	10:30:00 AM	Masters	Men	Javelin	Throws Pent Group 1	
Saturday, 23 May 2026	10:30:00 AM	Under 20	Men	200m	Round 1	
Saturday, 23 May 2026	10:50:00 AM	Under 20	Women	200m	Round 1	

Saturday, 23 May 2026	11:00:00 AM	Masters	Men	Triple Jump		
Saturday, 23 May 2026	11:00:00 AM	Masters	Women	Hammer	Throws Pent Group 1	
Saturday, 23 May 2026	11:00:00 AM	Under 16	Women	High Jump		
Saturday, 23 May 2026	11:00:00 AM	Under 20	Women	Triple Jump		
Saturday, 23 May 2026	11:10:00 AM	Ambulant	Men	1500m	Timed Final	
Saturday, 23 May 2026	11:20:00 AM	Under 16	Men	400m	Timed Final	
Saturday, 23 May 2026	11:30:00 AM	Under 16	Women	400m	Timed Final	
Saturday, 23 May 2026	11:40:00 AM	Ambulant	Women	1500m	Timed Final	
Saturday, 23 May 2026	12:00:00 PM	Masters	Men	Javelin	Throws Pent Group 2	
Saturday, 23 May 2026	12:00:00 PM	Masters	Men	Weight	Throws Pent Group 1	
Saturday, 23 May 2026	12:00:00 PM	Masters	Women	Hammer	Throws Pent Group 2	
Saturday, 23 May 2026	12:00:00 PM	Masters	Women	Shot Put	Throws Pent Group 1	
Saturday, 23 May 2026	1:00:00 PM	Masters	Men	Weight	Throws Pent Group 2	
Saturday, 23 May 2026	1:00:00 PM	Masters	Women	Discus	Throws Pent Group 1	
Saturday, 23 May 2026	1:00:00 PM	Masters	Women	Shot Put	Throws Pent Group 2	
Saturday, 23 May 2026	2:00:00 PM	Masters	Women	Discus	Throws Pent Group 2	
Saturday, 23 May 2026	2:00:00 PM	Masters	Women	Javelin	Throws Pent Group 1	
Saturday, 23 May 2026	2:15:00 PM	Masters	Men	200m Hurdles	Timed Final	0.686m
Saturday, 23 May 2026	2:15:00 PM	Masters	Men	300m Hurdles	Timed Final	0.762m
Saturday, 23 May 2026	2:15:00 PM	Masters	Men	300m Hurdles	Timed Final	0.686m
Saturday, 23 May 2026	2:15:00 PM	Masters	Men	400m Hurdles	Timed Final	0.914m
Saturday, 23 May 2026	2:15:00 PM	Masters	Men	400m Hurdles	Timed Final	0.838m
Saturday, 23 May 2026	2:15:00 PM	Masters	Women	200m Hurdles	Timed Final	0.686m
Saturday, 23 May 2026	2:15:00 PM	Masters	Women	300m Hurdles	Timed Final	0.762m
Saturday, 23 May 2026	2:15:00 PM	Masters	Women	300m Hurdles	Timed Final	0.762m
Saturday, 23 May 2026	2:15:00 PM	Masters	Women	400m Hurdles	Timed Final	0.762m
Saturday, 23 May 2026	2:30:00 PM	Masters	Women	Triple Jump		
Saturday, 23 May 2026	2:30:00 PM	Under 16	Men	Triple Jump		
Saturday, 23 May 2026	2:45:00 PM	Under 20	Men	High Jump		
Saturday, 23 May 2026	3:00:00 PM	Masters	Women	Javelin	Throws Pent Group 2	
Saturday, 23 May 2026	3:00:00 PM	Masters	Women	Weight	Throws Pent Group 1	
Saturday, 23 May 2026	3:30:00 PM	Under 20	Men	200m	Final	
Saturday, 23 May 2026	3:45:00 PM	Under 20	Women	200m	Final	
Saturday, 23 May 2026	3:55:00 PM	Wheelchair	Men	1500m	Final	
Saturday, 23 May 2026	4:00:00 PM	Masters	Women	Weight	Throws Pent Group 2	
Saturday, 23 May 2026	4:05:00 PM	Wheelchair	Women	1500m	Final	
Saturday, 23 May 2026	4:20:00 PM	Under 20	Men	3000m Steeplechase	Timed Final	0.914m
Saturday, 23 May 2026	4:30:00 PM	Masters	Women	Triple Jump		
Saturday, 23 May 2026	4:30:00 PM	Under 16	Women	Triple Jump		
Saturday, 23 May 2026	4:30:00 PM	Under 20	Women	High Jump		
Saturday, 23 May 2026	4:40:00 PM	Under 20	Women	3000m Steeplechase	Timed Final	0.762m
Saturday, 23 May 2026	5:00:00 PM	Masters	Mixed	4x100m	Timed Final	
Saturday, 23 May 2026	5:15:00 PM	Masters	Mixed	4x400m	Timed Final	