

All athletes must register at least one hour before track start time or field warmup time!

Call Room Timetable Saturday 10th Jan 2026

	Event	Heat	CALLROOM IN	WARM UP	EVENT START
F1	Shot Put Senior Men	Final	09:40	10:00	10:25
F2	Shot Put U20 Men	Final			
F3	Long Jump Senior Women	Final	09:40	10:00	10:30
F4	Pole Vault Senior Men	Final	09:40	10:00	10:45
F5	Pole Vault U20 Men	Final			
T1	U17 Women 300m Heats	Heats	09:45		10:00
T2	U17 Men 400m heats	Heats	10:00		10:15
F6	Triple jump U17 men	Final	10:10	10:30	11:00
T3	60m U17 Women	Heats	10:20		10:35
T4	60m U17 Men	Heats	10:41		10:56
T5	60m U20 Women	Heats	10:59		11:14
T6	60m U20 men	Heats	11:11		11:26
T7	60m Senior Women	Heats	11:32		11:47
T8	60m Senior Men	Heats	11:44		11:59
F7	Triple jump U20 men	Final	11:55	12:15	12:45
F8	Triple Jump Senior Men	Final	11:55	12:15	12:45
T9	60m U17 Women SF	Semi Final	12:02		12:17
T10	60m U17 Men SF	Semi Final	12:11		12:26
F9	Long jump U17 Men	Final	12:15	12:35	13:05
T11	60m U20 Women SF	Semi Final	12:20		12:35
F10	Shot Put Senior Women	Final	12:20	12:40	13:00
T12	60m U20 Men SF	Semi Final	12:26		12:41
T13	60m Senior Women SF	Semi Final	12:35		12:50
T14	60m Senior Men SF	Semi Final	12:41		12:56
T15	U17 Women Hurdles	Heats	13:00		13:15
T16	U20 Women Hurdles	Heats	13:17		13:32
T17	Senior Women Hurdles Final	Final	13:26		13:41
T18	U17 Men Hurdles	Heats	13:31		13:46
T19	U20 Men Hurdles	Heats	13:40		13:55
T20	Senior Men Hurdles	Heats	13:49		14:04
F11	Triple Jump U20 Women	Final	13:50	14:10	14:40
F12	Shot Put U20 Women	Final	13:50	14:10	14:30
F13	Pole Vault U20 Men	Final	13:55	14:15	15:00
T21	U17 Women Hurdles SF	Semi Final	13:58		14:13
T22	60m U17 W Final	Final	14:10		14:25
T23	60m U17 M Final	Final	14:13		14:28
T24	60m U20 W Final	Final	14:16		14:31
T25	60m U20 M Final	Final	14:19		14:34
T26	60m SW Final	Final	14:22		14:37
T27	60m SM Final	Final	14:25		14:40
T28	U17 Women 300m Final	Final	14:35		14:50
T29	U17 Men 400m SF	Semi Final	14:40		14:55
T30	U20 Women 400m Heats	Heats	14:50		15:05
F14 A	Long jump U17 Women	Pool A and Final	15:02	15:40	16:10
F14 B	Long Jump U17 Women	Pool B	15:02	15:40	16:10
T31	U20 Men 400m Heats	Heats	15:10		15:25
T32	SW 400m Heats	Heats	15:30		15:45
T33	SM 400m Heats	Heats	15:40		15:55
T34	U17 Women 1500m Final	Final	16:00		16:15
T35	U17 Men 1500m Final	Final	16:10		16:25
T36	U20 Women 1500m Final	Final	16:20		16:35
T37	U20 Men 1500m Final	Final	16:30		16:45
T38	Senior Women 1500m Final	Final	16:40		16:55
T39	Senior Men 1500m Final	Final	16:50		17:05
T40	U17 Men 400m Final	Final	17:00		17:15
T41	U20 W 400m final	Final	17:05		17:20
T42	U20 M 400m final	Final	17:10		17:25
T43	SW 400m Final	Final	17:15		17:30
T44	SM 400m final	Final	17:20		17:35
T45	U17 W Hurdles Final	Final	17:25		17:40
T46	U20 W Hurdles Final	Final	17:30		17:45
T47	U17M Hurdles final	Final	17:35		17:50
T48	U20 M Hurdles final	Final	17:40		17:55
T49	Senior men hurdles final	Final	17:44		17:59