



Championship East Timetable 2026

Event	Time	Track		Field		Reporting Time
F01	12.15			Long Jump	Women	12.00
F03	12.15			Hammer	Women	12.00
T03	12.15	400m hurdles	2 Races		Men	12.00
T04	12.25	400m hurdles	2 Races		Women	12.10
F02	12.30			Pole Vault	Men	12.00
F05	12.30			High Jump	Women	12.00
T05	12.40	800m	2 Races		Men	12.25
T06	12.50	800m	2 Races		Women	12.35
T07	13.05	100m	2 Races		Men	12.50
T08		100m	2 Races		Women	
T01		100m N/Scoring	2 Races		Men	
T02		100m N/Scoring	2 Races		Women	
F06	13.10			Hammer	Men	12.55
F07	13.20			Long Jump	Men	13.05
T09	13.50	Steeplechase	1 Race		Men	13.35
F08	14.05			Discus	Women	13.50
T10	14.10	110m Hurdles	2 Races		Men	13.55
T26	14.30	Steeplechase	1 Race		Women	14.15
F09	14.45			Triple jump	Woman	14.30
T12	14.50	100m Hurdles	2 Race		Women	14.35
F04	15.00			Discus	Men	14.45
T13	15.10	400m	2 Races		Men	14.55
T14		400m	2 Races		Women	
T15		400m N/Scoring	2 Races		Men	
T16		400m N/Scoring	2 Races		Women	
F12	15.15			Pole Vault	Women	14.45
F13	15.15			High Jump	Men	14.45
T17	15.40	1500m	1 Races		Men	15.25
T18	15.45	1500m	1 Races		Women	
F10	15.55			Javelin	Women	15.40
F11	15.55			Shot	Men	15.40
T19	15.55	200m	2 Races		Men	15.40
T20		200m	2 Races		Women	
T21		200m N/Scoring	2 Races		Men	
T22		200m N/Scoring	2 Races		Women	
F14	16.10			Triple Jump	Men	15.55
T23	16.25	3k or 5k	1 Race		Men	16.10
T24	16.45	4 x 100m Relay	1 Race		Men	16.30
T25		4 x 100m Relay	1 Race		Women	
F15	16.50			Javelin	Men	16.35
F16	16.50			Shot	Women	16.35
T11	17.00	3k or 5k	1 Race		Women	16.45
T27	17.25	4 x 400m Relay	1 Race		Women	17.10
T28	17.30	4 x 400m Relay	1 Race		Men	
	17.40	Match Result				