

LONDON SCHOOLS' TRACK & FIELD CHAMPIONSHIPS 2026 (corrected 1pm on 8.6.26) June)

FINAL Track Timetable

Time	Event
10.00	T1 F B & GU16 300m Hurdles
10.10	T2 F B & G U18 400m Hurdles
10.20	T3 H IB 100m
10.30	T4 H IG 100m
10.35	T5 H JB 100m
10.40	T6 H JG 100m
10.50	T7 H IB 800m
11.05	T8 F BU18 110m Hurdles
11.10	T9 H JB 800m
11.20	T10 F BU16 100m Hurdles
11.25	T11 F IG 800m
11.30	T12 F GU18 100m Hurdles
11.35	T13 H JG 800m
11.45	T14 H GU16 :80m Hurdles
11.55	T15 H IB 200m
12.05	T16 H IG 200m
12.15	T17 H JB 200m
12.25	T18 H JG 200m
12.35	T19 F IB 3000m
12.50	T20 H IB 400m
13.00	T21 H JB 300m
13.10	T22 H IG 300m
13.20	T23 H JG 300m
14.30	T24 F GU16 80m Hurdles
14.35	T25 F JG 1500m **
14.50	T26 F JB 1500m**
15.05	T27 F JG 100m
15.10	T28 F JB 100m
15.15	T29 F IG 100m
15.20	T30 F IB 100m
15.25	T31 F IG 1500m**
15.35	T32 F IB 1500m**
15.45	T33 F JG 200m
15.50	T34 F JB 200m
15.55	T35 F IG 200m
16.00	T36 F IB 200m
16.05	T37 F IB 800m
16.10	T38 F JB 800m
16.15	T39 F JG 800m
16.20	T40 F JB 300m
16.25	T41 F IG 300m
16.30	T42 F JG 300m
16.35	T43 F IB 400m
16.45	T44 F JG 4 x 100m relay **
16.55	T45 F JB 4 x 100m relay **
17.05	T46 F IG 4 x 100m relay **
17.15	T47 F IB 4 x 100m relay **

** if required these events will be 2 races and places will be decided on times (HDW)

FINAL Field Events Timetable

Time	Event
10.15	F1 JG High Jump
10.15	F2 IB Long Jump
10.15	F3 JB Shot Putt
10.15	F4 IG Javelin
11.45	F5 JB High Jump
11.45	F6 IG Long Jump
11.45	F7 JG Shot Putt
11.45	F8 IB Javelin
13.30	IG High Jump
13.30	JB Long Jump
13.30	IB Shot Putt
13.30	JB Javelin
15.00	IB High Jump
15.00	JG Long Jump
15.00	IG Shot Putt
15.00	JG Javelin
16.30	JB, IG & IB Triple Jump

COMPETITORS SHOULD ENSURE THAT THEY ARRIVE AT THE STADIUM AT LEAST AN HOUR BEFORE THE SCHEDULED START TIME OF THEIR FIRST EVENT and report to their track or field event at least 15 mins before the scheduled start time. Note for the field events these are start times not warm-up times

NB Starting heights for High Jump: JG - 1.30m, IG - 1.35m
JB- 1.45m, IB - 1.55m
Initial few increments will not be less than 5cm