

## DRAFT LONDON SCHOOLS' TRACK & FIELD CHAMPIONSHIPS 2026

### DRAFT Track Timetable

Time	Event
10.00	<b>T1 F GU16 300m Hurdles</b>
10.10	<b>T2 F G &amp; B U18 400m Hurdles</b>
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	<b>T8 F BU18 110m Hurdles</b>
11.10	T9 H JB 800m
11.20	<b>T10 F BU16 100m Hurdles</b>
11.25	<b>T11 F IG 800m</b>
11.30	<b>T12 F GU18 100m Hurdles</b>
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	<b>T19 F IG &amp; IB 3000m</b>
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	<b>T24 F GU16 80m Hurdles</b>
14.35	<b>T25 F JG 1500m **</b>
14.50	<b>T26 F JB 1500m**</b>

### DRAFT Field Events Timetable

Time	Event
10.00	F1 JG, JB, IG, IB Hammer Throw
10.15	F2 JG High Jump
10.15	F3 IB Long Jump
10.30	F4 JB Shot Putt
11.00	F5 JB Discus Throw
11.30	F6 JG Long Jump
11.30	F7 IG High Jump
11.30	F8 IB Shot Putt
11.30	F9 JB Javelin
12.15	F10 IG Discus Throw
13.00	F11 JB High Jump
13.30	F10 JG Discus Throw
14.00	F12 IG & JB Long Jump
	F13 JG Shot Putt
	F14 IB & IG Javelin Throw
14.30	F15 IB High Jump

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 **

15.30	F16	JB & IG & IB	Triple Jump
	F17	IB	Discus Throw
	F19	JG	Javelin Throw
	F20	IG	Shot Putt

**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**

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