

Athletics – Track & Field Program

Day 1 – Saturday 7 November 2026

Field Events (start at 8:30am)

Event	Round
M30+ Hammer Throw	Finals
W30+ Hammer Throw	Finals
W30+ Shot Put	Finals
W30+ Long Jump	Finals
M30+ High Jump	Finals

Track Events (start at 9:00am)

Event	Round
M30+/W30+ 3000m Run	Timed Finals
W40+/M70+ 80m Hurdles	Timed Finals
M50-69/W30-39 100m Hurdles	Timed Finals
M30-49 110m Hurdles	Timed Finals
M30+ 800 Metre	Timed Finals
W30+ 800 Metre	Timed Finals
M30+/W30+ 100m	Heats (if required)
M30+/W30+ 100m	Finals (those with scheduled heats will run finals last)
M30+/W30+ 5000m Race Walk	Timed Finals

Day 2 – Sunday 8 November 2026

Field Events (start at 8:00am)

Event	Round
M30+ Discus Throw	Finals
W30+ Discus Throw	Finals
M30+ Shot Put	Finals
M30+ Pole Vault	Finals
W30+ Pole Vault	Finals
M30+ Long Jump	Finals
W30+ High Jump	Finals

Track Events (start at 10:30am)

Event	Round
M30+/W30+ 200m	Heats (if required)
M30+/W30+ 3000 Metre Race Walk	Timed Finals
M30-59 3000 Metre Steeplechase	Timed Finals
W30+ 2000 Metre Steeplechase	Timed Finals
M60+ 2000 Metre Steeplechase	Timed Finals
M80+/W70+ 200m Hurdles	Timed Finals
M60-79/W50-69 300m Hurdles	Timed Finals
M30-59/W30-49 400m Hurdles	Timed Finals
M30+/W30+ 200m	Finals

Day 3 – Monday 9 November 2026

Field Events (start at 8:00am)

Event	Round
M30+ Javelin Throw	Finals
W30+ Javelin Throw	Finals
M30+ Weight Throw	Finals
W30+ Weight Throw	Finals
M30+ Triple Jump	Finals
W30+ Triple Jump	Finals

Track Events (start at 10:30am)

Event	Round
M30+/W30+ 1500m	Timed Finals
M30+/W30+ 60m	Heats (if required)
M30+/W30+ 60m	Finals
M30+/W30+ 400m	Timed Finals