

Saturday, March 7, 2026				
Sections will be run Oldest to Youngest where possible				
Time	Event	Round	Gender	Age Group (# of athletes)
9:00	60m Hurdles 0.686m 11-6	Pentathlon	Men	M80+ (1)
9:07	60m Hurdles 0.762m 12-7	Pentathlon	Women & Men	M70 – 79 (5) & W50 – 59 (2)
9:12	60m Hurdles 0.762m 12-8	Pentathlon	Women & Men	W40 – 49 (3) & M60 – 69 (3)
9:19	60m Hurdles 0.840m 13-8.5	Pentathlon	Women & Men	W30 – 39 (1) & M50 – 59 (3)
9:26	60m Hurdles 0.991m 13.72-9.14	Pentathlon	Men	M30 – 49 (5)
9:33	60m Hurdles 0.686m 11-6	*Timed Final	Women – Men	M80+ (1)
9:40	60m Hurdles 0.686m 12-7	*Timed Final	Women	W60 – 69 (5)
9:45	60m Hurdles 0.762m 12-7	*Timed Final	Men	M70 – 79 (5)
9:49	60m Hurdles 0.762m 12-7	*Timed Final	Women	W50 – 59 (8)
9:56	60m Hurdles 0.762m 12-8	*Timed Final	Women	W40 – 49 (4)
10:01	60m Hurdles 0.840m 12-8	*Timed Final	Men	M60 – 69 (8)
10:08	60m Hurdles 0.840m 13-8.5	*Timed Final	Women	W30 – 39 (1)
10:13	60m Hurdles 0.914m 13-8.5	*Timed Final	Men	M50 – 59 (4)
10:18	60m Hurdles 0.991m 13.72-9.14	*Timed Final	Men	M30 – 49 (6)
10:25	50m	*Timed Final	Women	W85 – 89 (1) & W70 – 74 (7)
	50m	*Timed Final	Women	W75 – 79 (1) & W65 – 69 (7)
	50m	*Timed Final	Women	W60 – 64 (4) & W50 – 54 (4)
	50m	*Timed Final	Women	W55 – 59 (8)
	50m	*Timed Final	Women	W45 – 49 (6) & W35 – 39 (1)
	50m	*Timed Final	Women	W40 – 44 (6) & W30 – 34 (2)
10:50	50m	*Timed Final	Men	M100 – 104 (1) & M75 – 79 (5)
	50m	*Timed Final	Men	M85 – 89 (2) & M80 – 84 (2) & M75 – 79 (4)
	50m	*Prelim	Men	M65 – 69 (11)
	50m	*Timed Final	Men	M60 – 64 (7)
	50m	*Prelim	Men	M55 – 59 (10)
	50m	*Timed Final	Men	M50 – 54 (8)
	50m	*Timed Final	Men	M45 – 49 (6)
	50m	*Prelim	Men	M40 – 44 (11)
	50m	*Timed Final	Men	M35 – 39 (4) & M30 – 34 (1)
11:30	1500m RW	Timed Final	Women	W65+ (9)
11:45	1500m RW	Timed Final	Women	W30 - 64 (7)
12:00	1500m RW	Timed Final	Men	All Ages (7)
12:25	50m	Final	Men	M65 – 69; M55 – 59; M40 – 44
	<b>Track Break</b>			
1:15	800m	Timed Final	Women	All Ages (21)
1:30	800m	Timed Final	Men	All Ages (50)
2:15	200m	Timed Final	Women	All Ages (48)
3:00	200m	Timed Final	Men	All Ages (82)
Est. 4:15	800m	Pentathlon	Women	All Ages
4:20	3000m	Timed Final	Women & Men	W60+ (5) & M70+ (6)
4:40	3000m	Timed Final	Women & Men	W30 – 34 (1) & M60 – M69 (10)
5:10	3000m	Timed Final	Women & Men	W35 – W59 (6) & M55 – M59 (6)
5:25	3000m	Timed Final	Men	M35 – M44 (3) & M50 – M54 (6)
5:40	3000m	Timed Final	Men	M30 – M34 (3) & M45 – M49 (6)
Est. 6:00	1000m	Pentathlon	Men	All Ages
6:05	4x400m	Timed Final	Women & Men & Mixed	All Ages (1 + 3)

\*Only 50m and 60mH sections with more than 8 entries will have a prelim and final\*

Saturday, March 7, 2026					
Time	Throws	Vertical Jumps	Vertical Jumps	Horizontal Jumps Pit 1	Horizontal Jumps Pit 2
8:00	Warmup				
8:15					
8:30	Weight Throw				
8:45	W30 – 49 (7)				
9:00	W75+ (2)				
9:15	8:30				
9:30	Warmup				
9:45					
10:00	Weight Throw				
10:15	W50 – 74 (10)	Warmup			
10:30	10:00				
10:45		Pentathlon			
11:00		High Jump	Warmup	Warmup	Warmup
11:15	Warmup	Women (6)			
11:30		Est. 10:45		Pentathlon	Long Jump
11:45	Shot Put			Long Jump	W55+ (9)
12:00	W30 – 49 (10)		Pole Vault	Men (17)	11:30
12:15	W75+ (2)		Women (9)	Est. 11:30	
12:30	11:45		11:45		
12:45	Warmup			Warmup	
1:00					
1:15	Pentathlon Shot Put			Long Jump	Warmup
1:30	Women (6)			M70+ (9)	
1:45	Est. 1:15			1:15	Long Jump
2:00	Warmup		Warmup		W35 – 54 (12)
2:15	Pentathlon Shot Put				1:45
2:30	Men (17)			Warmup	
2:45	Est. 2:15				
3:00			Pole Vault	Pentathlon	
3:15	Warmup		M30 – 59 (6)	Long Jump	Warmup
3:30		Warmup	2:45	Women (6)	
3:45	Shot Put			3:00	Long Jump
4:00	W50 – 59 (8)	Pentathlon High Jump		Warmup	M60 – M69 (8)
4:15	3:45	Pit 1: M35 – M49			3:45
4:30	Warmup	& M70+	Warmup	Long Jump	
4:45		Pit 2: M50 – M69		M55 – 59 (7)	
5:00	Shot Put	Est. 4:00		4:30	Warmup
5:15	W60 – 74 (9)		Pole Vault		Long Jump
5:30	5:00		M60+ (7)	Warmup	M45 – 54 (10)
5:45			5:15		5:30
6:00				Long Jump	
6:15				M30 – 44 (10)	
6:30				6:00	

Sunday, March 8, 2026				
Sections will be Oldest to Youngest				
Time	Event	Round	Gender	Age Group (# of athletes)
10:00	50m Hurdles 0.686m 12-7	*Timed Final	Women	W60+ (4)
10:04	50m Hurdles 0.762m 12-7	*Timed Final	Men	M70 – 79 (5)
10:08	50m Hurdles 0.762m 12-7	*Timed Final	Women	W50 – 59 (6)
10:15	50m Hurdles 0.762m 12-8	*Timed Final	Women	W40 – 49 (3)
10:19	50m Hurdles 0.840m 12-8	*Timed Final	Men	M60 – 69 (3)
10:26	50m Hurdles 0.840m 13-8.5	*Timed Final	Women	W30 – 39 (1)
10:30	50m Hurdles 0.914m 13-8.5	*Timed Final	Men	M50 – 59 (4)
10:37	50m Hurdles 0.991m 13.72-9.14	*Timed Final	Men	M35 – 49 (1)
10:45	60m	*Timed Final	Women	W85 – 89 (1) & W75 – 79 (1) & W70 – 74 (5)
	60m	*Timed Final	Women	W65 – 69 (7)
	60m	*Timed Final	Women	W60 – 64 (5)
	60m	*Prelims	Women	W55 – 59 (9)
	60m	*Timed Final	Women	W50 – 54 (4) & W40 – 44 (3)
	60m	*Timed Final	Women	W44 – 49 (7)
	60m	*Timed Final	Women	W35 – 39 (3) & W30 – 34 (3)
11:15	60m	*Timed Final	Men	M100 – 104 (1) & M85 – 89 (2) & M80 – 84 (5)
	60m	*Timed Final	Men	M75 – 79 (4)
	60m	*Timed Final	Men	M70 – 74 (5)
	60m	*Prelims	Men	M65 – 69 (10)
	60m	*Timed Final	Men	M60 – 64 (5)
	60m	*Timed Final	Men	M55 – 59 (8)
	60m	*Timed Final	Men	M50 – 54 (8)
	60m	*Prelims	Men	M45 – 49 (9)
	60m	*Prelims	Men	M40 – 44 (14)
	60m	*Prelims	Men	M35 – 39 (15)
	60m	*Timed Final	Men	M30 – 34 (7)
	<b>Track Break</b>			
12:35	1500m	Timed Final	Women	All Ages (16)
12:55	1500m	Timed Final	Men	All Ages (52)
1:45	60m	Final	Women	W55 – 59
1:50	60m	Final	Men	M65 – 69, M45 – 49, M40 – 44, M35 – 39
2:10	400m	Timed Final	Women	All Ages (30)
2:40	400m	Timed Final	Men	All Ages (60)
3:40	3000m RW	Timed Final	Women	W65+ (10)
4:05	3000m RW	Timed Final	Women & Men	W35 – W64 & All Men (12)
4:35	4x200m	Timed Final	Women & Men & Mixed	All Ages (2 + 2)
4:45	4x800m	Timed Final	Women & Men & Mixed	All Ages (1 + 1)

\*Only 60m and 50mH sections with more than 8 entries will have a prelim and final\*

Sunday, March 8, 2026					
Time	East Circle Warmup	Throws	Vertical Jumps	Horizontal Jumps	Horizontal Jumps
8:00		Warmup			
8:15					
8:30		Weight Throw	Warmup		
8:45		M60 – M69 & M80+ (13)			
9:00		8:30	High Jump		
9:15			Pit 1: W30 – W59 (9)		
9:30	Warmup		Pit 2: W60+ (5)		
9:45	East Circle	Warmup	9:00		
10:00		Weight Throw			
10:15		M50 – M59 (7)			
10:30		M70 – M79 (6)			
10:45		10:00	Warmup		
11:00	Warmup				
11:15	East Circle	Warmup	High Jump		
11:30		Weight Throw	Pit 1: M60 – M69 (8)		
11:45		M30 – M49 (6)	Pit 2: M70+ (9)		
12:00	Warmup	11:30	11:15		
12:15	East Circle	Warmup			
12:30		Shot Put		Warmup	
12:45		M65 – M69 & M80+ (12)			
1:00		12:30		Triple Jump	Warmup
1:15			Warmup	All Women (9)	
1:30	Warmup			1:00	Triple Jump
1:45	East Circle	Warmup	High Jump		M70+ (9)
2:00		Shot Put	M45 – M59 (11)		1:30
2:15		M70 – 79 (9)	1:45	Warmup	
2:30		2:00			
2:45	Warmup			Triple Jump	
3:00	East Circle	Warmup		M50 – M69 (11)	
3:15		Shot Put	Warmup	2:45	
3:30		M60 – 64 (6)			
3:45		M50 – 59 (9)	High Jump		
4:00		3:15	M30 – M44 (6)	Warmup	
4:15			3:45		
4:30	Warmup			Triple Jump	
4:45	East Circle	Warmup		M30 – M49 (9)	
5:00		Shot Put		4:30	
5:15		M30 – M44 (9)			
5:30		M45 – M49 (4)			
5:45		5:00			
6:00					