

# AVON TRACK & FIELD LEAGUE

## Match 3 Timetable 2026

### TRACK Timetable

No.	Time	Event	Age Group	Note
1	11:00	75mH	U14 Girls	68 OR
2	11:10	80mH	U14 Boys	76 BK
3		80mH	U16 Girls	76 BK
4	11:25	100mH	U18 Girls	76 YE
5		100mH	U16 Boys	84 YE
6		100mH	Senior Women	84 YE
7		110mH	U18 Boys	91 BU
8		110mH	Senior Men	106 BU
9	12:00	800m	U14 Boys	
10		800m	U14 Girls	
11		800m	U16 Boys	
12		800m	U16 Girls	
13	12:40	100m	Senior Men/Masters Men	
14		100m	Senior Women/Masters Women	
15		100m	U18 Boys	
16		100m	U18 Girls	
17	13:00	100m	U16 Boys	
18		100m	U16 Girls	
19		100m	U14 Boys	
20		100m	U14 Girls	
21	13:30	100m	Para/Wheelchair/Frame/Ambulant (N/S)	x3
22	13:50	60m	Adaptive (N/S)	
<b>Track Break</b>				
23	14:35	400m	Para/Wheelchair/Frame/Ambulant (N/S)	x 2
24	14:40	400m	Senior Women	
25		400m	U18 Girls	
26	14:55	300m	U16 Girls	
27	15:05	3000m	U16B/U18B/Senior Men	
28	15:25	3000m	U16G/U18G/Senior Women	
29	15:45	200m	Senior Men	
30		200m	Senior Women	
31		200m	U18 Boys	
32		200m	U18 Girls	
33	16:05	200m	U16 Boys	
34		200m	U16 Girls	
35		200m	U14 Boys	
36		200m	U14 Girls	
37	16:40	800m	Senior Men/Masters Men	
38		800m	U18 Boys	
39		800m	Senior Women/Masters Women	
40		800m	U18 Girls	
41	17:00	4 x 100m	Senior Men/Senior Women	
42		4 x 100m	U18 Boys/Girls	
43		4 x 100m	U16 Boys/Girls	
44		4 x 100m	U14 Boys/Girls	

### FIELD Timetable

No.	Time	Event	Age Group	Weight	End
1	10:30	Seated Discus/Club	All ages (N/S)		Finish
2	11:00	Hammer	U14+ mixed	2, 3, 3, 4, 3, 4, 5, 7.26	200m
3	11:00	Shot	U14 mixed	2.72, 3	Finish
4	11:45	Tri-Adaptive Vortex	All ages (N/S)		Finish
5	11:50	Long Jump	U14 mixed, U16 mixed		
6	12:00	Pole Vault	U16 and up, mixed		
7	12:00	High Jump	U14 mixed		
8	12:10	Shot	Seniors mixed	4, 7.26	Finish
9	12:25	Discus	U14 mixed, U16 mixed	0.75,1,1,1.25	Finish
10	13:10	Discus	U18 mixed, Seniors mixed	1, 1, 1.5, 2	Finish
11	13:10	Ambulant Discus	All ages (N/S)		Finish
12	13:15	Seated Shot	All ages (N/S)		Finish
13	13:30	Long Jump	U18 mixed, Seniors mixed		
14	14:00	High Jump	U16+ mixed		
15	14:20	Shot	U16 mixed, U18 mixed	3, 3, 4, 5	Finish
16	14:20	Javelin	U16+ mixed	500, 500, 600, 600, 700, 800	Finish
17	15:30	Triple Jump	U16+ mixed		
18	15:30	Javelin	U14 mixed	400, 500	Finish
19	15:30	Ambulant Javelin	All ages (N/S)		Finish
19	15:30	Ambulant Javelin	All ages (N/S)		Finish
20	16:15	Ambulant Shot	All ages (N/S)		Finish

#### UNDER 12 EVENTS

A	09:00	75m	U12 Girls
B	09:30	75m	U12 Boys
C	10:20	600m	U12 Girls
D	10:30	600m	U12 Boys

#### UNDER 12 EVENTS

A	09:00	Howler Throw	U12 Boys
B	09:30	Howler Throw	U12 Girls
C	09:50	Long Jump	U12 Girls
D	10:00	Long Jump	U12 Boys

(N/S) = non scoring event