

# Avon Track & Field League 2026 - Match 1

## U14 Boys

Shot put (3kg)	11:00
80m Hurdles	11:10
Long Jump	11:50
800m	12:00
Discus (1kg)	12:25
100m	13:00
200m	15:45
4 x 100m (mixed)	16:40

## U14 Girls

75m Hurdles	11:00
Hammer (2kg)	11:00
High Jump	12:00
800m	12:00
100m	13:00
Javelin (400g)	15:30
200m	15:45
4 x 100m (mixed)	16:40

## U16 Boys

100m Hurdles	11:25
Long Jump	11:50
Pole Vault	12:00
800m	12:00
Discus (1.25kg)	12:25
100m	13:00
Shot put (4kg)	14:20
200m	15:45
4 x 100m	16:40

## U16 Girls

Hammer (3kg)	11:00
80m Hurdles	11:10
Pole Vault	12:00
800m	12:00
100m	13:00
High Jump	14:00
Javelin (500g)	14:20
300m	14:55
3000m	15:05
Triple Jump	15:30
200m	15:45
4 x 100m	16:40

## U18 Boys

110m Hurdles	11:25
Pole Vault	12:00
100m	12:40
Discus (1.5kg)	13:10
Long Jump	13:30
Shot (5kg)	14:20
200m	15:25
800m	16:20
4 x 100m	16:40

## U18 Girls

Hammer (3kg)	11:00
100m Hurdles	11:25
Pole Vault	12:00
100m	12:40
High Jump	14:00
Javelin (500g)	14:20
400m	14:40
3000m	15:05
200m	15:25
Triple Jump	15:30
800m	16:20
4 x 100m	16:40

## Senior & Masters Men

110m Hurdles	11:25
Pole Vault	12:00
Shot (7.26kg)	12:10
100m *(includes Masters)	12:40
Discus (2kg)	13:10
Long Jump	13:30
200m	15:25
800m *(includes Masters)	16:20
4 x 100m	16:40

## Senior & Masters Women

Hammer (4kg)	11:00
100m Hurdles	11:25
Pole Vault	12:00
100m *(includes Masters)	12:40
High Jump	14:00
Javelin (600g)	14:20
400m	14:40
3000m	15:05
200m	15:25
Triple Jump	15:30
800m *(includes Masters)	16:20
4 x 100m	16:40

## Para/Adaptive – WC/Frame/Ambulant – N/S

Seated Discus/Club	10:30
Tri-Adaptive Vortex	11:45
Ambulant Discus	13:10
Seated Shot	13:15
100m (all categories)	13:30
60m Adaptive	13:50
400m (all categories)	14:35
Ambulant Javelin	15:30
Ambulant Shot	16:15

N/S = non scoring event

Quad kids are detailed on a separate timetable.