



MIDDLESEX TRACK & FIELD CHAMPIONSHIPS
SATURDAY 9 MAY 2026 TIMETABLE

TRACK

Event No	Event Name		Time		Entries	Next	Previous
T01	75 M HURDLES (68.5)	U14 GIRLS	09:40	FINAL	6		
T02	80 M HURDLES (76.2)	U16 GIRLS	09:55	FINAL	6		
T03	80 M HURDLES (76.2)	U14 BOYS	09:55	FINAL	1		
T04	100 M HURDLES (84.0)	U16 BOYS	10:10	FINAL	1		
T05	100 M HURDLES (84.0)	U20 WOMEN	10:10	FINAL	3		
T06	110 M HURDLES (91.4)	U18 MEN	10:35	FINAL	2		
T07	110 M HURDLES (99.1)	U20 MEN	10:35	FINAL	1		
T08	110 M HURDLES (106.7)	SENIOR MEN	10:35	FINAL	1		
T09	100 METRES	SENIOR MEN	10:45	HEATS	46	TO T17	
T10	100 METRES	U14 GIRLS	11:05	HEATS	21	TO T18	
T11	100 METRES	U14 BOYS	11:20	HEATS	9	TO T19	
T12	100 METRES	U16 GIRLS	11:25	HEATS	20	TO T20	
T13	100 METRES	U16 BOYS	11:40	HEATS	19	TO T21	
T14	100 METRES	U18 MEN	11:55	HEATS	23	TO T23	
T15	100 METRES	U20 MEN	12:10	HEATS	9	TO T25	
T16	100 METRES	SENIOR WOMEN	12:20	HEATS	16	TO T26	
T17	100 METRES	SENIOR MEN	12:30	SEMI FINALS		TO T27	FROM T09
LUNCH BREAK							
T18	100 METRES	U14 GIRLS	13:30	FINAL			FROM T10
T19	100 METRES	U14 BOYS	13:35	FINAL			FROM T11
T20	100 METRES	U16 GIRLS	13:40	FINAL			FROM T12
T21	100 METRES	U16 BOYS	13:45	FINAL			FROM T13
T22	100 METRES	U18 WOMEN	13:50	FINAL	7		
T23	100 METRES	U18 MEN	13:55	FINAL			FROM T14
T24	100 METRES	U20 WOMEN	14:00	FINAL	6		
T25	100 METRES	U20 MEN	14:05	FINAL			FROM T15
T26	100 METRES	SENIOR WOMEN	14:10	FINAL			FROM T16
T27	100 METRES	SENIOR MEN	14:15	FINAL			FROM T17
T28	400 METRES	U18 MEN	14:30	HEATS	9	TO T46	
T29	400 METRES	SENIOR MEN	14:35	HEATS	12	TO T51	
T30	300 METRES	U16 GIRLS	14:50	HEATS	11	TO T44	
T31	300 METRES	U16 BOYS	15:00	HEATS	10	TO T45	
T32	1500 METRES	U14 GIRLS	15:10	FINAL RACE 1	18		
T33	1500 METRES	U14 GIRLS	15:10	FINAL RACE 2			
T34	1500 METRES	U14 BOYS	15:25	FINAL RACE 1	19		
T35	1500 METRES	U14 BOYS	15:25	FINAL RACE 2			
T36	1500 METRES	U16 GIRLS	15:40	FINAL	10		
T37	1500 METRES	U16 BOYS	15:50	FINAL RACE 1	19		
T38	1500 METRES	U16 BOYS	15:50	FINAL RACE 2			
T39	1500 METRES	U18 WOMEN	16:05	FINAL	5		
T40	1500 METRES	U20 WOMEN	16:05	FINAL	1		
T41	1500 METRES	SENIOR WOMEN	16:05	FINAL	1		
T42	1500 METRES	U18 MEN	16:15	FINAL	10		
T43	1500 METRES	SENIOR MEN	16:25	FINAL	6		



T44	300 METRES	U16 GIRLS	16:35	FINAL		FROM T30
T45	300 METRES	U16 BOYS	16:40	FINAL		FROM T31
T46	400 METRES	U18 MEN	16:55	FINAL		FROM T28
T47	400 METRES	U18 WOMEN	17:00	FINAL	8	
T48	400 METRES	U20 WOMEN	17:05	FINAL	3	
T49	400 METRES	SENIOR WOMEN	17:05	FINAL	1	
T50	400 METRES	U20 MEN	17:10	FINAL	3	
T51	400 METRES	SENIOR MEN	17:15	FINAL		FROM T29



MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

SATURDAY 9 MAY 2026 TIMETABLE

FIELD

Event No	Event Name		Time	Entries
F01	HIGH JUMP	U14 GIRLS	10:00	5
F02	HIGH JUMP	U16 GIRLS	10:00	1
F03	HIGH JUMP	U18 WOMEN	10:00	4
F04	HIGH JUMP	SENIOR WOMEN	10:00	1
F05	SHOT	U14 BOYS	10:00	4
F06	SHOT	U16 BOYS	10:00	3
F07	SHOT	U18 MEN	10:00	2
F08	SHOT	SENIOR MEN	10:00	5
F09	SHOT	U14 GIRLS	11:40	1
F10	SHOT	U16 GIRLS	11:40	5
F11	SHOT	U18 WOMEN	11:40	3
F12	SHOT	U20 WOMEN	11:40	2
F13	SHOT	SENIOR WOMEN	11:40	4
F14	TRIPLE JUMP	U16 BOYS	11:50	2
F15	TRIPLE JUMP	U18 MEN	11:50	3
F16	TRIPLE JUMP	U20 MEN	11:50	1
F17	TRIPLE JUMP	SENIOR MEN	11:50	3
LUNCH BREAK				
F18	JAVELIN	U14 BOYS	14:20	4
F19	JAVELIN	U16 BOYS	14:20	4
F20	JAVELIN	U18 MEN	14:20	4
F21	JAVELIN	SENIOR MEN	14:20	3
F22	TRIPLE JUMP	U16 GIRLS	14:30	1
F23	TRIPLE JUMP	U18 WOMEN	14:30	1
F24	TRIPLE JUMP	SENIOR WOMEN	14:30	2
F25	HIGH JUMP	U14 BOYS	15:50	3
F26	HIGH JUMP	U16 BOYS	15:50	4
F27	HIGH JUMP	SENIOR MEN	15:50	1
F28	JAVELIN	U16 GIRLS	16:20	4
F29	JAVELIN	U18 WOMEN	16:20	4
F30	JAVELIN	U20 WOMEN	16:20	1
F31	JAVELIN	SENIOR WOMEN	16:20	3



MIDDLESEX TRACK & FIELD CHAMPIONSHIPS
SUNDAY 10 MAY 2026 TIMETABLE - TRACK

Event No	Event Name		Time		Entries	Next	Previous
T52	400 M HURDLES (91.4)	U20 MEN	10:30	FINAL	1		
T53	400 M HURDLES (91.4)	SENIOR MEN	10:30	FINAL	2		
T54	400 M HURDLES (76.2)	U20 WOMEN	10:50	FINAL	2		
T55	400 M HURDLES (76.2)	SENIOR WOMEN	10:50	FINAL	3		
T56	300 M HURDLES (76.2)	U16 GIRLS	11:05	FINAL	2		
T57	300 M HURDLES (76.2)	U16 BOYS	11:05	FINAL	1		
T58	200 METRES	SENIOR MEN	11:30	HEATS	24	TO T78	
T59	3000 METRES	U16 GIRLS	11:50	FINAL	3		
T60	3000 METRES	U18 WOMEN	11:50	FINAL	3		
T61	3000 METRES	U16 BOYS	12:05	FINAL	10		
T62	3000 METRES	U18 MEN	12:05	FINAL	3		
T63	200 METRES	U14 GIRLS	12:25	HEATS	18	TO T69	
T64	200 METRES	U14 BOYS	12:35	HEATS	9	TO T70	
T65	200 METRES	U16 GIRLS	12:45	HEATS	22	TO T71	
T66	200 METRES	U16 BOYS	13:00	HEATS	15	TO T72	
T67	200 METRES	U18 WOMEN	13:10	HEATS	16	TO T73	
T68	200 METRES	U18 MEN	13:20	HEATS	20	TO T74	
LUNCH BREAK							
T69	200 METRES	U14 GIRLS	14:20	FINAL			FROM T63
T70	200 METRES	U14 BOYS	14:30	FINAL			FROM T64
T71	200 METRES	U16 GIRLS	14:40	FINAL			FROM T65
T72	200 METRES	U16 BOYS	14:50	FINAL			FROM T66
T73	200 METRES	U18 WOMEN	15:00	FINAL			FROM T67
T74	200 METRES	U18 MEN	15:10	FINAL			FROM T68
T75	200 METRES	U20 WOMEN	15:20	FINAL	4		
T76	200 METRES	U20 MEN	15:30	FINAL	8		
T77	200 METRES	SENIOR WOMEN	15:40	FINAL	6		
T78	200 METRES	SENIOR MEN	15:50	FINAL			FROM T58
T79	800 METRES	U14 GIRLS	16:05	FINAL RACE 1	19		
T80	800 METRES	U14 GIRLS	16:05	FINAL RACE 2			
T81	800 METRES	U14 BOYS	16:15	FINAL RACE 1	14		
T82	800 METRES	U14 BOYS	16:15	FINAL RACE 2			
T83	800 METRES	U16 GIRLS	16:25	FINAL RACE 1	12		
T84	800 METRES	U16 GIRLS	16:25	FINAL RACE 2			
T85	800 METRES	U16 BOYS	16:35	FINAL RACE 1	18		
T86	800 METRES	U16 BOYS	16:35	FINAL RACE 2			
T87	800 METRES	U18 WOMEN	16:45	FINAL	3		
T88	800 METRES	U20 WOMEN	16:45	FINAL	1		
T89	800 METRES	SENIOR WOMEN	16:45	FINAL	3		
T90	800 METRES	U18 MEN	16:55	FINAL	8		
T91	800 METRES	U20 MEN	17:05	FINAL	2		
T92	800 METRES	SENIOR MEN	17:05	FINAL	6		



MIDDLESEX TRACK & FIELD CHAMPIONSHIPS
SUNDAY 10 MAY 2026 TIMETABLE

FIELD

Event No	Age Group	Event Name	Time	Entries
F32	LONG JUMP	U14 GIRLS	09:50	10
F37	DISCUS	U16 GIRLS	10:00	2
F38	DISCUS	U18 WOMEN	10:00	2
F39	DISCUS	U20 WOMEN	10:00	1
F40	DISCUS	SENIOR WOMEN	10:00	2
F41	DISCUS	U14 BOYS	11:10	2
F42	DISCUS	U16 BOYS	11:10	4
F43	DISCUS	U18 MEN	11:10	1
F44	DISCUS	SENIOR MEN	11:10	6
F33	LONG JUMP	U16 GIRLS	11:30	7
F34	LONG JUMP	U18 WOMEN	11:30	1
F35	LONG JUMP	U20 WOMEN	11:30	1
F36	LONG JUMP	SENIOR WOMEN	11:30	3

LUNCH BREAK

F45	HAMMER	U16 GIRLS	13:50	1
F46	HAMMER	U18 WOMEN	13:50	3
F47	HAMMER	U20 WOMEN	13:50	2
F48	HAMMER	SENIOR WOMEN	13:50	3
F49	POLE VAULT	U18 WOMEN	14:20	1
F50	POLE VAULT	SENIOR WOMEN	14:20	3
F51	POLE VAULT	U16 BOYS	14:20	2
F52	LONG JUMP	U14 BOYS	15:20	4
F53	LONG JUMP	U16 BOYS	15:20	6
F54	LONG JUMP	U18 MEN	15:20	3
F55	LONG JUMP	U20 MEN	15:20	1
F56	LONG JUMP	SENIOR MEN	15:20	4
F57	HAMMER	U14 BOYS	15:50	1
F58	HAMMER	U16 BOYS	15:50	5
F59	HAMMER	SENIOR MEN	15:50	3