**Session: 1 Saturday Field**

**Day 1 - Saturday 14/11/2026 - Starts at 11:30 AM**

| Starts at | Event | Round |
|---|---|---|
| 11:30 AM | Women Long Jump Relay Under 18 | Finals |
| 11:30 AM | Women Long Jump Relay Open | Finals |
| 11:30 AM | Women Discus Relay 1.0kg Under 16 | Finals |
| 11:30 AM | Women Discus Relay 1.0kg Under 20 | Finals |
| 11:30 AM | Men Shot Put Relay 3.0kg Under 14 | Finals |
| 11:30 AM | Men Shot Put Relay PA Ambulant | Finals |
| 11:30 AM | Women Shot Put Relay 3.0kg Under 14 | Finals |
| 11:30 AM | Women Shot Put Relay 3.0kg Under 18 | Finals |
| 11:30 AM | Women Shot Put Relay 4.0kg Open | Finals |
| 1:00 PM | Men 30+ Discus Relay 2.0kg Masters | Finals |
| 1:00 PM | Men 40+ Discus Relay 2.0kg Masters | Finals |
| 1:00 PM | Men 50+ Discus Relay 1.5kg Masters | Finals |
| 1:00 PM | Men 70+ Discus Relay 1.0kg Masters | Finals |
| 1:00 PM | Women Shot Put Relay 3.0kg Under 16 | Finals |
| 1:00 PM | Women Shot Put Relay 4.0kg Under 20 | Finals |
| 1:00 PM | Women Shot Put Relay PA Ambulant | Finals |
| 1:00 PM | Men Shot Put Relay 4.0kg Under 16 | Finals |
| 1:00 PM | Men Shot Put Relay 6.0kg Under 20 | Finals |
| 1:00 PM | Men Long Jump Relay Under 18 | Finals |
| 1:00 PM | Men Long Jump Relay Open | Finals |
| 2:30 PM | Men Discus Relay 1.0kg Under 14 | Finals |
| 2:30 PM | Men Discus Relay 1.5kg Under 18 | Finals |
| 2:30 PM | Men Discus Relay 2.0kg Open | Finals |
| 2:30 PM | Men Long Jump Relay Under 16 | Finals |
| 2:30 PM | Women Long Jump Relay Under 20 | Finals |
| 2:30 PM | Women 30+ Long Jump Relay Masters | Finals |
| 2:30 PM | Women 40+ Long Jump Relay Masters | Finals |
| 2:30 PM | Women 50+ Long Jump Relay Masters | Finals |
| 4:30 PM | Women Discus Relay 1.0kg Under 14 | Finals |
| 4:30 PM | Women Discus Relay 1.0kg Under 18 | Finals |
| 4:30 PM | Women Discus Relay 1.0kg Open | Finals |
| 4:30 PM | Men 40+ Shot Put Relay 7.26kg Masters | Finals |
| 4:30 PM | Men 50+ Shot Put Relay 6.0kg Masters | Finals |
| 4:30 PM | Men 70+ Shot Put Relay 4.0kg Masters | Finals |
| 6:00 PM | Women 30+ Shot Put Relay 4.0kg Masters | Finals |
| 6:00 PM | Women 40+ Shot Put Relay 4.0kg Masters | Finals |
| 6:00 PM | Women 50+ Shot Put Relay 3.0kg Masters | Finals |
| 6:00 PM | Women Long Jump Relay Under 16 | Finals |

**Session: 2 Saturday Track**

**Day 1 - Saturday 14/11/2026 - Starts at 11:15 AM**

| Starts at | Event | Round |
|---|---|---|
| 11:15 AM | 5000m Walk Championships | |
| 12:00 PM | Women 30+ 4x800 Metre Relay Masters | Finals |
| 12:00 PM | Men 30+ 4x800 Metre Relay Masters | Finals |
| 12:20 PM | Women 4x800 Metre Relay Under 16 | Finals |
| 12:40 PM | Men 4x800 Metre Relay Under 16 | Finals |
| 1:00 PM | Women 4x800 Metre Relay Open | Finals |
| 1:20 PM | Men 4x800 Metre Relay Open | Finals |
| 2:10 PM | Women 2x100 Metre Relay PA Ambulant | Finals |
| 2:10 PM | Men 2x100 Metre Relay PA Ambulant | Finals |
| 2:30 PM | Women 30+ 4x100 Metre Relay Masters | Finals |
| 2:37 PM | Men 30+ 4x100 Metre Relay Masters | Finals |
| 2:45 PM | Women 4x100 Metre Relay Under 14 | Finals |
| 3:00 PM | Men 4x100 Metre Relay Under 14 | Finals |
| 3:07 PM | Women 4x100 Metre Relay Under 16 | Finals |
| 3:14 PM | Men 4x100 Metre Relay Under 16 | Finals |
| 3:21 PM | Women 4x100 Metre Relay Under 18 | Finals |
| 3:28 PM | Men 4x100 Metre Relay Under 18 | Finals |
| 3:35 PM | Women 4x100 Metre Relay Under 20 | Finals |

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|---|---|---|
| 3:35 PM | Women 4x100 Metre Relay Open | Finals |
| 3:42 PM | Men 4x100 Metre Relay Under 20 | Finals |
| 3:49 PM | Men 4x100 Metre Relay Open | Finals |
| 4:30 PM | Women 2x400 Metre Relay PA Ambulant | Finals |
| 4:30 PM | Men 2x400 Metre Relay PA Ambulant | Finals |
| 4:45 PM | Women 30+ 4x400 Metre Relay Masters | Finals |
| 4:55 PM | Men 30+ 4x400 Metre Relay Masters | Finals |
| 5:05 PM | Women 4x400 Metre Relay Under 14 | Finals |
| 5:15 PM | Men 4x400 Metre Relay Under 14 | Finals |
| 5:25 PM | Women 4x400 Metre Relay Under 16 | Finals |
| 5:35 PM | Men 4x400 Metre Relay Under 16 | Finals |
| 5:45 PM | Women 4x400 Metre Relay Under 18 | Finals |
| 5:55 PM | Men 4x400 Metre Relay Under 18 | Finals |
| 5:55 PM | Men 4x400 Metre Relay Under 20 | Finals |
| 6:05 PM | Women 4x400 Metre Relay Under 20 | Finals |
| 6:05 PM | Women 4x400 Metre Relay Open | Finals |
| 6:15 PM | Men 4x400 Metre Relay Open | Finals |
| 6:30 PM | 5000m Men E Race | |
| 6:50 PM | 5000m Men D Race | |
| 7:10 PM | 5000m Men C Race | |
| 7:30 PM | 5000m Men B Race | |
| 7:55 PM | 5000m Women Championships | |
| 8:15 PM | 5000m Men Championships | |

**Session: 3 Sunday Field**

**Day 2 - Sunday 15/11/2026 - Starts at 08:30 AM**

| Starts at | Event | Round |
|---|---|---|
| 8:30 AM | Women Long Jump Relay Under 14 | Finals |
| 8:30 AM | Women 30+ Discus Relay 1.0kg Masters | Finals |
| 8:30 AM | Women 40+ Discus Relay 1.0kg Masters | Finals |
| 8:30 AM | Women 50+ Discus Relay 1.0kg Masters | Finals |
| 8:30 AM | Men Shot Put Relay 5.0kg Under 18 | Finals |
| 8:30 AM | Men Shot Put Relay 7.26kg Open | Finals |
| 11:15 AM | Men Discus Relay 1.0kg Under 16 | Finals |
| 11:15 AM | Men Discus Relay 1.75kg Under 20 | Finals |
| 11:45 AM | Men Long Jump Relay Under 20 | Finals |
| 11:45 AM | Men 40+ Long Jump Relay Masters | Finals |
| 11:45 AM | Men 50+ Long Jump Relay Masters | Finals |
| 11:45 AM | Men 70+ Long Jump Relay Masters | Finals |
| 11:45 AM | Men Long Jump Relay Under 14 | Finals |

**Session: 4 Sunday Track**

**Day 2 - Sunday 15/11/2026 - Starts at 08:45 AM**

| Starts at | Event | Round |
|---|---|---|
| 8:45 AM | Mixed 4x100 Metre Relay Open | Finals |
| 9:00 AM | Women 30+ 4x1500 Metre Relay Masters | Finals |
| 9:00 AM | Men 30+ 4x1500 Metre Relay Masters | Finals |
| 9:40 AM | Women 4x1500 Metre Relay Under 16 | Finals |
| 9:40 AM | Women 4x1500 Metre Relay Open | Finals |
| 10:20 AM | Men 4x1500 Metre Relay Under 16 | Finals |
| 10:20 AM | Men 4x1500 Metre Relay Open | Finals |
| 11:00 AM | Women 2x200 Metre Relay PA Ambulant | Finals |
| 11:00 AM | Men 2x200 Metre Relay PA Ambulant | Finals |
| 11:15 AM | Women 30+ 4x200 Metre Relay Masters | Finals |
| 11:25 AM | Men 30+ 4x200 Metre Relay Masters | Finals |
| 11:35 AM | Women 4x200 Metre Relay Under 14 | Finals |
| 11:45 AM | Men 4x200 Metre Relay Under 14 | Finals |
| 11:55 AM | Women 4x200 Metre Relay Under 16 | Finals |
| 12:05 PM | Men 4x200 Metre Relay Under 16 | Finals |
| 12:05 PM | Men 4x200 Metre Relay Under 18 | Finals |
| 12:15 PM | Women 4x200 Metre Relay Under 18 | Finals |
| 12:25 PM | Women 4x200 Metre Relay Under 20 | Finals |
| 12:25 PM | Women 4x200 Metre Relay Open | Finals |

| | | |
|---|---|---|
| 12:35 PM | Men 4x200 Metre Relay Under 20 | Finals |
| 12:35 PM | Men 4x200 Metre Relay Open | Finals |