

Competition Schedule

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



SUN 7 JUN 2026

Time	Event	Remark
14:53	4x200m Mixed Relay	Heat 1
15:01	4x200m Mixed Relay	Heat 2
15:09	4x200m Mixed Relay	Heat 3
15:20	1500m Men	national
15:35	1500m Women	national
 16:04	Discus Throw Women	
16:08	800m Men	national
 16:14	Pole Vault Men	
 16:17	Shot Put Women	
16:27	800m Women	promotional
16:38	100m Men	promotional
16:47	1500m Women	
 17:04	400m Men	
 17:17	3000m Steeplechase Women	
 17:23	Long Jump Women	
 17:36	800m Men	
 17:45	100m Women	
 17:52	Discus Throw Men	
 17:59	3000m Steeplechase Men	
18:19	400m Hurdles Men	
 18:30	200m Men	
 18:41	800m Women	
 18:51	1500m Men	