



NATIONAL ASSOCIATION OF ATHLETICS ADMINISTRATIONS
CARIFTA TRIALS 2026
28 February – 01 March
HASELY CRAWFORD STADIUM PORT
OF SPAIN
PROPOSED COMPETITION SCHEDULE



DAY ONE

NO.	TIME	EVENT	CATEGORY	ROUND
1	10:00am	Javelin Throw (500g)	G U-17	Final
2	10:00am	High Jump	G U-17	Final
3	10:00am	Long Jump	G U-20	Final
4	10:00am	Discus Throw (1.75k)	B U-20	Final
5	10:00am	100m Hurdles (0.762m)	G U-17	Prelims
6	10:15am	100m Hurdles (0.838m)	Girls Open Heptathlon	Final
7	10:20am	100m Hurdles (0.838m)	G U-20	Prelims
8	10:30am	110m Hurdles (0.914m)	B U-17	Prelims
9	10:45am	110m Hurdles (0.991m)	B U-20	Prelims
6a	10:50am	High Jump	Girls Open Heptathlon	Final
10	10:50am	100m	B U-20 Decathlon	Final
11	11:00am	100m	B U-17 Octathlon	Final
12	11:20am	100m	G U-17	Prelims
13	11:30am	100m	B U-17	Prelims
10a	11:40am	Long Jump	B U-20 Decathlon	Final
11a	11:40am	Long Jump	B U-17 Octathlon	Final
14	11:50am	100m	G U-20	Prelims
15	12:20pm	100m	B U-20	Prelims
16	12:20pm	High Jump	B U-20	Final
17	12:30pm	Triple Jump	G U-17	Final
6b	12:30pm	Shot Put (4k)	Girls Open Heptathlon	Final
18	12:40pm	400m	G U-17	Prelims
19	1:00pm	400m	B U-17	Prelims
10b	1:30pm	Shot Put (6k)	B U-20 Decathlon	Final
11b	1:30pm	Shot Put (5k)	B U-17 Octathlon	Final
20	1:30pm	400m	G U-20	Prelims
21	1:50pm	400m	B U-20	Prelims
22	1:50pm	Discus Throw (1k)	G U-20	Final
INTERMISSION				
23	2:30pm	Triple Jump	B U-20	Final
24	2:30pm	Shot Put (5k)	B U-17	Final
25	2:30pm	Pole Vault	Girls Open	Final
5a	2:30pm	100m Hurdles (0.762m)	G U-17	Final
7a	2:40pm	100m Hurdles (0.838m)	G U-20	Final
8a	2:50pm	110m Hurdles (0.914m)	B U-17	Final
9a	3:00pm	110m Hurdles (0.991m)	B U-20	Final
10c	3:00pm	High Jump	B U-20 Decathlon	Final
12a	3:10pm	100m	G U-17	Semi-Finals
13a	3:20pm	100m	B U-17	Semi-Finals
14a	3:30pm	100m	G U-20	Semi-Finals
15a	3:40pm	100m	B U-20	Semi-Finals
26	3:50pm	1500m	G U-17	Final
27	3:50pm	1500m	B U-17	Final
28	3:50pm	Javelin Throw (600g)	G U-20	Final
29	3:50pm	Long Jump	B U-17	Final
30	4:00pm	Shot Put (3k)	G U-17	Final
31	4:10pm	1500m	G U-20	Final
32	4:20pm	1500m	B U-20	Final
6c	4:30pm	200m	Girls Open Heptathlon	Final
18a	4:35pm	400m	G U-17	Final
19a	4:40pm	400m	B U-17	Final
20a	4:45pm	400m	G U-20	Final
21a	4:50pm	400m	B U-20	Final
11c	4:55pm	400m	B U-17 Octathlon	Final
12b	5:00pm	100m	G U-17	Final
13b	5:10pm	100m	B U-17	Final
14b	5:15pm	100m	G U-20	Final
15b	5:25pm	100m	B U-20	Final
10d	5:30pm	400m	B U-20 Decathlon	Final



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DAY TWO

NO.	TIME	EVENT	CATEGORY	ROUND
33	10:00am	High Jump	B U-17	Final
34	10:00am	Shot Put (6k)	B U-20	Final
35	10:00am	Javelin Throw (700g)	B U-17	Final
6d	10:00am	Long Jump	Girls Open Heptathlon	Final
10e	10:00am	110m Hurdles (0.991m)	B U-20 Decathlon	Final
11d	10:20am	110m Hurdles (0.914m)	B U-17 Octathlon	Final
36	10:30am	400m Hurdles (0.762m)	G U-17	Prelims
37	10:35am	400m Hurdles (0.762m)	G U-20	Prelims
38	10:45am	400m Hurdles (0.838m)	B U-17	Prelims
39	10:55am	400m Hurdles (0.914m)	B U-20	Prelims
10f	10:45am	Discus Throw (1.75k)	B U-20 Decathlon	Final
11e	10:45am	High Jump	B U-17 Octathlon	Final
40	11:00am	200m	G U-17	Prelims
41	11:20am	200m	B U-17	Prelims
42	11:30pm	Triple Jump	B U-17	Final
43	11:50am	200m	G U-20	Prelims
44	12:10am	200m	B U-20	Prelims
45	12:10pm	Discus Throw (1k)	G U-17	Final
6e	12:10pm	Javelin Throw (600g)	Girls Open Heptathlon	Final
46	12:30pm	Triple Jump	G U-20	Final
47	12:40pm	800m	G U-17	Prelims
48	1:00pm	800m	B U-17	Prelims
49	1:15pm	800m	G U-20	Prelims
50	1:30pm	800m	B U-20	Prelims
INTERMISSION				
51	2:00pm	High Jump	G U-20	Final
52	2:00pm	Long Jump	G U-17	Final
53	2:00pm	Shot Put (4k)	G U-20	Final
54	2:00pm	Javelin Throw (800g)	B U-20	Final
10g	2:00pm	Javelin Throw (800g)	B U-20 Decathlon	Final
11f	2:00pm	Javelin Throw (700g)	B U-17 Octathlon	Final
36a	2:00pm	400m Hurdles (0.762m)	G U-17	Final
37a	2:15pm	400m Hurdles (0.762m)	G U-20	Final
38a	2:30pm	400m Hurdles (0.838m)	B U-17	Final
39a	2:45pm	400m Hurdles (0.914m)	B U-20	Final
40a	3:00pm	200m	G U-17	Semi-Finals
41a	3:10pm	200m	B U-17	Semi-Finals
43a	3:20pm	200m	G U-20	Semi-Finals
44a	3:30pm	200m	B U-20	Semi-Finals
6f	3:40pm	800m	Girls Open Heptathlon	Final
55	3:40pm	Discus Throw (1.5k)	B U-17	Final
10h	3:40pm	Pole Vault	B U-20 Decathlon	Final
56	3:40pm	Pole Vault	B U-20	Final
57	3:40pm	Long Jump	B U-20	Final
47a	3:50pm	800m	G U-17	Final
48a	4:00pm	800m	B U-17	Final
49a	4:10pm	800m	G U-20	Final
50a	4:15pm	800m	B U-20	Final
58	4:25pm	3000m	Girls Open	Final
59	4:40pm	3000m	B U-17	Final
60	4:55pm	5000m	B U-20	Final
10i	5:15pm	1500m	B U-20 Decathlon	Final
11g	5:15pm	1500m	B U-17 Octathlon	Final
40b	5:25pm	200m	G U-17	Final
41b	5:30pm	200m	B U-17	Final
43b	5:40pm	200m	G U-20	Final
44b	5:50pm	200m	B U-20	Final