

**ABAA CARIFTA TRIALS 2026****DAY 1 MARCH 7**

<b>TIME</b>	<b>EVENT</b>	<b>CATEGORY</b>	<b>1ST CALL</b>	<b>2ND CALL</b>
3:00	HIGH JUMP	U15/U17/U20 GIRLS	2:15	
3:00	SHOT PUT	U17/U20 GIRLS/BOYS	3:45	
3:15	400M HEATS	U17 GIRLS	2:45	3:00
3:25	400M HEATS	U17 BOYS	2:55	3:10
3:35	400M HEATS	U20/OPEN GIRLS	3:05	3:20
3:45	400M HEATS	U20/OPEN BOYS	3:00	3:15
4:00	100M HEATS	U17 GIRLS	3:30	3:45
4:08	100M HEATS	U17 BOYS	3:38	3:53
4:16	100M HEATS	U20/OPEN GIRLS	3:46	4:01
4:24	100M HEATS	U20/OPEN BOYS	3:54	4:09
4:30	LONG JUMP	U/15/U17/U20 BOYS	2:15	
4:30	TRIPLE JUMP	U17/U20 GIRLS	3:45	
4:40	1500M FINALS	U17/20/OPEN GIRLS	4:10	4:25
4:50	1500M FINALS	U17/20/OPEN BOYS	4:20	4:35
5:00	400M INV	U13 GIRLS	4:30	4:45
5:05	400M INV	U13 BOYS	4:35	4:50
5:10	400M FINALS	U15 GIRLS	4:40	4:55
5:15	400M FINALS	U15 BOYS	4:45	5:00
5:20	400M FINALS	U17 GIRLS	4:50	5:05
5:25	400M FINALS	U17 BOYS	4:55	5:10
5:30	400M FINALS	U20/OPEN GIRLS	5:00	5:15
5:35	400M FINALS	U20/OPEN BOYS	5:05	5:20
5:45	80M INV	U9 GIRLS	5:15	5:30
5:50	80M INV	U9 BOYS	5:20	5:35
5:55	100M INV	U11 GIRLS	5:25	5:40
6:00	100M INV	U11 BOYS	5:30	5:45
6:05	100M INV	U13 GIRLS	5:35	5:50
6:10	100M INV	U13 BOYS	5:40	5:55
6:15	100M INV	U15 GIRLS	5:45	6:00
6:20	100M INV	U15 BOYS	5:50	6:05
6:24	100M FINALS	U17 GIRLS	5:54	6:09
6:28	100M FINALS	U17 BOYS	5:58	6:13
6:32	100M FINALS	U20/OPEN GIRLS	6:02	6:17
6:36	100M FINALS	U20/OPEN BOYS	6:06	6:21
6:50	MIXED 4X400M	OPEN	6:05	

**ABAA CARIFTA TRIALS 2026****DAY 2 MARCH 8**

3:00 JAVELIN	U17/U20 GIRLS/BOYS	2:15	
3:00 HIGH JUMP	U15/U17/U20/OPEN BOYS	2:15	
3:15 200M HEATS	U17 GIRLS	2:45	3:00
3:25 200M HEATS	U17 BOYS	2:55	3:10
3:35 200M HEATS	U20/OPEN GIRLS	3:05	3:20
3:45 200M HEATS	U20/OPEN BOYS	3:15	3:30
4:00 800M INV	U15 GIRLS	3:30	3:45
4:06 800M INV	U15 BOYS	3:36	3:51
4:10 800M FINALS	U17/U20 GIRLS	3:40	3:55
4:15 800M FINALS	U17/U20 BOYS	3:45	4:00
4:30 LONG JUMP	U15/U17/U20 GIRLS	3:45	
4:30 TRIPLE JUMP	U17/U20 BOYS	3:45	
4:30 150M INV	U9 GIRLS	4:00	4:15
4:34 150M INV	U9 BOYS	4:04	4:19
4:40 200M INV	U11 GIRLS	4:10	4:25
4:45 200M INV	U11 BOYS	4:15	4:30
4:50 200M INV	U13 GIRLS	4:20	4:35
4:55 200M INV	U13 BOYS	4:25	4:40
5:00 200M INV	U15 GIRLS	4:30	4:45
5:05 200M INV	U15 BOYS	4:35	4:50
5:10 200M FINALS	U17 GIRLS	4:40	4:55
5:15 200M FINALS	U17 BOYS	4:45	5:00
5:20 200M FINALS	U20/OPEN GIRLS	4:50	5:05
5:25 200M FINALS	U20/OPEN BOYS	4:55	5:10
5:40 3000M/5000M	U17 BOYS/OPEN GIRLS/BOYS	5:10	5:25
6:10 4X100M	OPEN GIRLS	5:25	
6:20 4X100M	OPEN BOYS	5:35	