

GRIT ATHLETICS OPEN

06-Jun-26

DAY 1

TRACK EVENTS

Time

9:00 2000m Female – U16 Finals
9:20 2000m Male – U16 Finals
9:45 3000m Female – U14 & Above Finals
10:10 3000m Male – U14 & Above Finals
10:35 3000m Race Walk – Mixed (U14 & Above) Finals
11:00 80mH Female – U14 Prelims
11:05 80mH Female – U16 Prelims
11:15 100mH Female – U18 Prelims
11:25 100mH Female – U20/Open Prelims
11:35 110mH Male – U16 Prelims
11:45 110mH Male – U18 Prelims
11:55 110mH Male – U20/Open Prelims
12:10 300m Female – U14/U16 Finals
12:20 300m Male – U14/U16 Finals
12:35 100m Female – U14 & Above Prelims
12:55 100m Male – U14 & Above Prelims
1:20 80mH Female – U14 Finals
1:25 80mH Female – U16 Finals
1:30 100mH Female – U18 Finals
1:35 100mH Female – U20/Open Finals
1:40 110mH Male – U16 Finals
1:45 110mH Male – U18 Finals
1:50 110mH Male – U20/Open Finals
2:30 100m Female – U16 Finals
2:35 100m Female – U18 Finals
2:40 100m Female – U14 & Above Finals
2:50 100m Male – U16 Finals
2:55 100m Male – U18 Finals
3:00 100m Male – U14 & Above Finals
3:20 800m Female – U14 & Above Finals
3:35 800m Male – U14 & Above Finals
4:00 4×100 Relay – Female (U14 & Above)
4:15 4×100 Relay – Male (U14 & Above)
4:45 5000m Mixed – U14 & Above Finals

DAY 1

FIELD EVENTS

Time

10:00 Hammer – Male & Female (U14 & Above)
10:00 Long Jump – Female (U14–U16)
10:35 High Jump – Male (U14 & Above)
11:05 Long Jump – Male (U18 & Above)
11:15 Shot Put – Male (U14 & Above)
11:30 High Jump – Female (U14 & Above)
12:10 High Jump – Male (U14 & Above)
12:20 Shot Put – Female (U14 & Above)
12:35 Javelin – Female (U14 & Above)
3:30 Long Jump – Female (U18 & Above)

GRIT ATHLETICS OPEN

06-Jul-26

<u>DAY 2</u>	<u>TRACK EVENTS</u>	<u>DAY 2</u>	<u>FIELD EVENTS</u>
Time		Time	
9:00	1500m Female – U14 & Above Finals	10:00	Javelin – Male (U14 & Above)
9:20	1500m Male – U14 & Above Finals	10:20	Discus – Female (U14 & Above)
9:40	1200m Female – U14/U16 Finals	10:50	Triple Jump – Female (U16 & Above)
9:55	1200m Male – U14/U16 Finals	11:30	Discus – Male (U14 & Above)
11:00	150m Female – U14 Finals	12:05	Long Jump – Female (Tetrathlon)
11:10	200m Female – U14 & Above Prelims	12:15	Shot Put – Male (Tetrathlon)
11:30	200m Male – U14 & Above Prelims	12:35	Long Jump – Male (Tetrathlon)
11:45	60m Female – Tetrathlon	12:50	Shot Put – Female (Tetrathlon)
12:30	60m Male – Tetrathlon	1:10	Triple Jump – Male (U16 & Above)
12:50	BREAK		
1:10	BREAK		
1:30	200m Female – U16 Finals		
1:35	200m Female – U18 Finals		
1:40	200m Male – U16 Finals		
1:45	200m Male – U18 Finals		
2:05	200mH Female – U14/U16 Finals		
2:15	200mH Male – U14/U16 Finals		
2:25	400mH Female – U14 & Above Finals		
2:35	400mH Male – U14 & Above Finals		
2:50	Medley Relay – Female (U14 & Above)		
3:05	Medley Relay – Male (U14 & Above)		