



NATIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS



DAY 1: FRIDAY, JUNE 19, 2026

Friday Evening

No.	Time	Event	Category	Round
100	5.00 pm	High-Jump	Girls U18	Final
101			Girls U20	Final
102			Women	Final
103	5.00 pm	Javelin Throw (700g)	Boys U18	Final
104	5.00 pm	Shot Put (3kg)	Girls U18	Final
105			Girls U20	Final
106			Women	Final
107	5.00 pm	Long Jump	Boys U18	Final
108	5.00 pm	4x50m	Mixed U9	Invitational
109	5.05 pm	4x100 Relay	Girls U11	Invitational
110	5.10 pm	4x100 Relay	Boys U11	Invitational
111	5.15 pm	400m	Girls U18	Prelims
112	5.25 pm	400m	Boys U18	Prelims
113	5.30 pm	Discus Throw (1.75kg)	Boys U20	Final
114		Discus Throw (2kg)	Men	Final
115	5.35 pm	400m	Girls U20	Prelims
116	5.45 pm	400m	Boys U20	Prelims
117	5.55 pm	400m	Women	Prelims
118	6.00 pm	Triple Jump	Boys U20	Final
119			Men	Final
120	6.05 pm	400m	Men	Prelims
121	6.20 pm	3000m	Girls U18	Final
122		3000m	Girls U120	Final
123	6.30 pm	3000m	Boys U18	Final
124	6.45 pm	100m	Girls U18	Prelims
125	6.55 pm	100m	Boys U18	Prelims
126	7:05pm	100m	Girls U20	Prelims
127	7:15pm	100m	Boys U20	Prelims
128	7:25pm	100m	Women	Prelims
129	7:35pm	100m	Men	Prelims
130	7:40pm	10,000m	Men	Final



NATIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS



DAY 2: SATURDAY, JUNE 20, 2026

Saturday Afternoon

No.	Time	Event	Category	Round
	2.30 pm	Opening Ceremony		
	2.45 pm	Medal Presentation		
200	3.00 pm	Triple Jump	Boys U18	Final
201	3.00 pm	Discus Throw (1.5kg)	Boys U18	Final
202	3.00 pm	Decathlon #1: 100m	Boys U20	Final
203		Decathlon #1: 100m	Men	Final
204	3.05 pm	High Jump	Boys U20	Final
205			Men	Final
206	3.15 pm	Pole Vault	Female (Open)	Final
207	3.20 pm	Heptathlon #1: 100m	Women (Open)	Final
208	3.30 pm	Decathlon #2: Long Jump	Boys U20	Final
209		Decathlon #2: Long Jump	Men	Final
210	3.30 pm	110mH (0.914m)	Boys U18	Final
211	3.35 pm	110mH (0.991m)	Boys U20	Final
212	3.40 pm	110mH (1.067m)	Men	Final
213	3.50 pm	100mH (0.762m)	Girls U18	Final
214			Girls U20	Final
215			Women	Final
216	3:55 pm	Heptathlon #2: High Jump	Women (Open)	Final
217	4.00 pm	1500m	Girls U18	Final
218	4.10 pm	1500m	Boys U18	Final
219	4.15 pm	Javelin Throw (500g)	Girls U18	Final
220		Javelin Throw (600g)	Girls U20	Final
221			Women	Final
222	4.20 pm	1500m	Girls U20	Final
223	4.25 pm	1500m	Boys U20	Final
224	4.30 pm	1500m	Women	Final
225	4.35 pm	1500m	Men	Final
226	4.40 pm	Decathlon #3: Shot Put (6kg)	Boys U20	Final
227		Decathlon #3: Shot Put (7.26kg)	Men	Final
228	4.40 pm	4x100m	Girls U13	Invitational
229	4.45 pm	4x100m	Boys U13	Invitational
230	4.50 pm	Triple Jump	Girls U18	Final
231			Girls U20	Final
232			Women	Final
233	4.50 pm	100m	Para/Special Olympics (Women)	Final
234	4.53 pm	100m	Para/Special Olympics (Men)	Final
235	4.56 pm	100m	Male Masters (Invitational)	Final
MEDAL PRESENTATION				
236	5:00 pm	Heptathlon #3: Shot Put (4kg)	Open	Final
237	5.00 pm	100m	Girls U18	Semi Final
238	5.05 pm	100m	Boys U18	Semi Final
239	5.15 pm	100m	Girls U20	Semi Final
240	5.20 pm	100m	Boys U20	Semi Final
241	5.25 pm	100m	Women	Semi Final
242	5.30 pm	100m	Men	Semi Final
243	5.45 pm	Decathlon #4: High Jump	Boys U20	Final
244		Decathlon #4: High Jump	Men	Final
245	5.45 pm	400m	Girls U18	Finals
246	5.50 pm	400m	Boys U18	Finals
247	5.55 pm	400m	Girls U20	Finals
248	6.00 pm	400m	Boys U20	Finals
249	6.05 pm	400m	Women	Finals
250	6.10 pm	400m	Men	Finals
251	6:15 pm	Shot Put (5kg)	Boys U18	Finals
252	6.20 pm	100m	Girls U18	Finals
253	6.25 pm	100m	Boys U18	Finals
254	6.30 pm	100m	Girls U20	Finals
255	6.35 pm	100m	Boys U20	Finals
256	6.40 pm	100m	Women	Finals
257	6.50 pm	100m	Men	Finals
258	7:00pm	Heptathlon #4: 200m	Open	Final
259	7:10pm	Decathlon #5: 400m	Boys U20	Final
260		Decathlon #5: 400m	Men	Final
261	7:20pm	4x100 Relay	Female Open	Final
262	7:30pm	4x100 Relay	Male Open	Final
263	7:40pm	Mixed 4x400 Relay	Open	Final



NATIONAL CHAMPIONSHIPS SCHEDULE OF EVENTS



DAY 3: SUNDAY, JUNE 21, 2026

Sunday Afternoon

No.	Time	Event	Category	Round
300	2:00 pm	Decathlon #6: 110mH (0.991m)	Boys U20	Final
301		Decathlon #6: 110mH (1.067m)	Men	Final
302	2:00 pm	High-Jump	Boys U18	Final
303	2:00 pm	Long Jump	Girls U18	Final
304			Girls U20	Final
305			Women	Final
306	2:00 pm	Pole Vault	Male (Open)	Final
307	2:10 pm	400mH (0.762m)	Girls U18	Final
308			Girls U20	Final
309			Women	Final
310	2:15 pm	400mH (0.838m)	Boys U18	Final
311	2:20 pm	400mH (0.914m)	Boys U20	Final
312			Men	Final
313	2:30 pm	Decathlon #7: Discus Throw (1.75kg)	Boys U20	Final
314		Decathlon #7: Discus Throw (2kg)	Men	
315	2:30 pm	200m	Girls U18	Prelims
316	2:40 pm	200m	Boys U18	Prelims
317	2:50 pm	200m	Girls U20	Prelims
318	3:00 pm	200m	Boys U20	Prelims
319	3:05 pm	Shot Put (5kg)	Boys U18	Final
320	3:10 pm	Heptathlon #5: Long Jump	Female (Open) - East pit	Final
321	3:10 pm	200m	Women	Prelims
322	3:20 pm	200m	Men	Prelims
323	3:25 pm	Decathlon #8: Pole Vault	Boys U20	Final
324		Decathlon #8: Pole Vault	Men	Final
325	3:25 pm	4x100m	Girls U15	Invitational
326	3:30 pm	4x100m	Boys U15	Invitational
327	3:30 pm	Discus Throw (1kg)	Girls U18	Final
328			Girls U20	Final
329			Women	Final
330	3:40 pm	800m	Girls U18	Finals
331	3:45 pm	800m	Boys U18	Finals
332	3:50 pm	800m	Girls U20	Finals
333	3:55 pm	800m	Boys U20	Finals
334	4:00 pm	800m	Women	Finals
335	4:05 pm	800m	Men	Finals
336	4:30 pm	Heptathlon #6: Javelin (600g)	Females Open	Final
337	5.00 pm	Long Jump	Boys U20	Final
338		Long Jump	Men	Final
339	5.00 pm	Decathlon #9: Javelin (800g)	Boys U20	Final
340		Decathlon #9: Javelin (800g)	Men	Final
341	5.00 pm	Shot Put (6kg)	Boys U20	Final
342		Shot Put (7.26kg)	Men	Final
343	5.00 pm	5000m	Boys U20	Final
344			Men	Final
345	5.30pm	Heptathlon #7: 800m	Female Open	Final
346	5.40 pm	Decathlon #10: 1500m	Men (Open)	Final
347	6.00 pm	Javelin Throw (800g)	Boys U20	Final
348		Javelin Throw (800g)	Men	Final
349	6.05 pm	200m	Girls U18	Final
350	6.10 pm	200m	Boys U18	Final
351	6.15 pm	200m	Girls U20	Final
352	6.20 pm	200m	Boys U20	Final
353	6.20 pm	200m	Women	Final
354	6.30 pm	200m	Men	Final
355	6.40 pm	4x400 Relay	Female Open	Final
356	6.50 pm	4x400 Relay	Male Open	Final

**COMPETITION RULES**

1. The Championships are being conducted under the World Athletics Competition Rules and those of the Organizing Committee.
2. The Championships shall be for all junior and senior athletes registered with NAAATT for 2026.
3. An athlete wishing to compete in a higher age category may be allowed to do so (e.g. an athlete in the under 20 category may be allowed to compete with the seniors). However, such an athlete must compete in the same category throughout the meet (e.g. the under 20 athlete opting to compete in the senior category must compete as a senior throughout the Championships).
4. Junior athletes seeking selection on Senior Teams are required to compete in the senior category. The performances of such athletes at the senior level, save where there are different technical specifications, shall be considered for selection on the Team to the World Athletics U20 Championships.
5. Athletes under the age of 15 years, except those who are 14 years and who were on the 2026 CARIFTA Team, **shall not** be permitted to participate in the Championships except where special permission is granted by the Association.
6. Athletes must have competed during the period January 1st to June 1st to enter the Championships.
7. NAAATT **shall not** be liable for any injuries suffered in, or during the Championships.
8. **No** athlete shall be allowed to participate in an event without his/her 2026 registration bib numbers properly secured on the front and back of his/her vest, except in the case of the jumps - including the pole vault - where one bib number may be worn on the front or the back of his/her vest.
9. **All** athletes shall be properly attired in their Club's uniform to participate.
10. Athletes **shall not** be permitted to participate in any event wearing the **National Uniform (partly or fully) of Trinidad and Tobago or any other National Federation, except when permitted to do so by the National Governing Body.**
11. **ATHLETES MUST REPORT TO THE COMPETITORS' STEWARD AT LEAST FORTY-FIVE (45) MINUTES BEFORE THE SCHEDULED TIME OF THE EVENT AND THEREAFTER THE CALL ROOM TEN (10) MINUTES BEFORE THE EVENT, FAILING WHICH THE ATHLETE MAY NOT BE ALLOWED TO PARTICIPATE IN THE EVENT.**
12. Athletes **are not** allowed on the track or infield except when required to participate in an event.
13. Any athlete who registers with the Competitors' Steward or who qualifies by reason of qualifying rounds to participate in an event **shall** compete in the event, failure to do so **without** the expressed permission of the Competition Director may result in the disqualification of the athlete from further participation in the Championships.
14. The Organizing Committee and the relevant Referee reserve the right to: refuse entry, cancel an event or frame a new event should it become necessary to do so.

15. All protests shall be lodged with the relevant Referee in writing within **thirty (30) minutes** after the official results have been announced. A protest fee of One Hundred Dollars (**\$100.00**) must accompany every protest. The protest fee is non-refundable except if the protest is upheld.

16. All electronic devices are **prohibited** in the Call Room and in the Competition Arena. The Meet Organizers **shall not** be held responsible for the loss or damage to any such items.

17. Entries

100m, 200m and 400m

- 100m, 200m, and 400m – Top 32 athletes

800m, 100m Hurdles, 110m Hurdles, 400m Hurdles

- Top 16 athletes

1500m, 3000m, 5000m

- Top 12 athletes

10,000m

- Must have achieved a time of 36:00.00 – or better - over the distance on the Road and/or Track during the period 2026 January 1st to June 1st.

Field Events

- Top 12 athletes

18. An athlete having attained a qualification standard in a preliminary and/or semi-final round and not wanting to compete further must obtain approval. The next best ranked athlete will then have an opportunity to fill the empty spot.

19. **ALL** entries must include Season Best Performances

Technical Specifications

Technical Specifications	
High Jump	
Girls U18	Start at 1.50m and up in increments of 5cm to 1.65m then up increments of 3cm until one competitor is left.
Girls U20/Women	Start at 1.60m and up in increments of 5cm to 1.70m then up in increments of 3cm until one competitor is left.
Boys U18	Start at 1.75m and up in increments of 5cm to 1.85m then up in increments of 3cm until one competitor is left.
Boys U20/Men	Start at 1.80m and up in increments of 5cm to 1.90m then up in increments of 3cm until one competitor is left.
Pole Vault	
Female (Open)	Start at 2.50 and up in increments of 10cm to 2.70 then up in increments of 3cm or until one competitor is left.
Male (Open)	Start at 2.50 and up in increments of 10cm to 2.70 then up in increments of 3cm or until one competitor is left.
Triple Jump	
U18	Females are using the 9m Board, Males are using the 11m Board.
U20/Senior	Females are using the 11m Board, Males are using the 13m Board.