

2026 Atlantic Championships

Saturday July 25th



Time	Track	Note	Round	Field Events		
12:00	100m - Decathlon		Multi	12:00	Long Jump	Male
12:05	80mH F/M – U14 30"		Prelims	1:00	High Jump - Pent/Hep	F - Multi
12:10	80mH F – U16 30"		Prelims	1:30	Long Jump - Pent/Dec	M - Multi
12:15	80mH F- U16 - Pent 30"		Multi	2:30	High Jump	Female
12:20	100mH F – Hept (1)		Multi	3:30	Long Jump - Pent	F - Multi
12:25	100mH F – U18 30"		Prelims	3:45	High Jump - Pent/Dec	M - Multi
12:30	100mH F – U20, Open 33"		Prelims	4:45	Long Jump	Female
12:35	100mH M- U16 Pent 33"		Multi	5:00	High Jump	Male
12:40	100mH M- U16 33"		Prelims			
12:45	110mH M- U18 36"		Prelims			
12:50	110mH M – U20 39"		Prelims	12:00	Hammer	M/F
12:55	110mH M – Open 42"		Prelims	2:00	Discus	Male
13:05	80mH F/M – U14 30"		Finals	2:30	Shot Put - Pent/Hep/Dec	M/F - Multi
13:10	80mH F – U16 30"		Finals	4:00	Discus	Female
13:15	100mH F – U18 30"		Finals	5:30	Javelin	Male
13:20	100mH F – U20, Open 33"		Finals			
13:25	100mH M- U16 33"		Finals	1:00	Seated Shot Put/Javelin	M/F
13:30	110mH M- U18 36"		Finals	3:15	Seated Discus/Club	M/F
13:35	110mH M – U20 – 39"		Finals			
13:40	110mH M – Open 42"		Finals			
13:55	300m F – U16		Finals			
14:05	300m M - U16		Finals			
14:15	400m F U18-20, Open, Mas.		Finals			
14:35	400m M U18-20, Open, Mas.		Finals			
14:55	100m F – All		Prelims			
15:20	100m M – All		Prelims			
15:45	Track Break					
16:15	1500m F- U18-20, Open, Mas		Finals			
16:30	1500m M- U18-20, Open, Mas		Finals			
16:45	1200m F - U14-16		Finals			
16:55	1200m M - U14-16		Finals			
17:05	80m F/M – U14	No Blocks	Finals			
17:10	100m F – U16		Finals			
17:15	100m F - U18		Finals			
17:20	100m F - U20, Open, Mas		Finals			
17:25	100m M – U16		Finals			
17:30	100m M – U18		Finals			
17:40	100m M - U20, Open, Mas		Finals			
17:50	1000m - M-Pent		Multi			
18:00	200m - F-Hept		Multi			
18:10	800m - F-Pent		Multi			
18:20	400m - Decathlon		Multi			
18:30	4 x 100 relay – All		Finals			

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Sunday July 26th						
Time	Track	Note	Round	Field Events		
10:00	110mH - Decathlon		Multi	10:30	Long Jump - Hep	Female
10:15	60m F/M Tetrathlon (1)	No Blocks	Multi	11:30	Triple Jump	Male
10:30	5000m Mixed & 3000m RW		Finals	1:30	Triple Jump	Female
10:50	1500m SC – F U16	No water	Finals	1:00	Pole Vault - Dec & All	Multi & All
11:00	1500m SC – M U16	No water	Finals			
11:10	2000m SC-F- U18, Mas		Finals	10:00	Javelin	Female
11:20	3000m SC-F- U20, Open ,Mas		Finals	11:30	Discus - Decathlon	M - Multi
11:35	2000m SC-M- U18, Mas		Finals	12:00	Shot Put	Male
11:50	3000m SC-M- U20,Open,Mas		Finals	12:30	Javelin - Hep	F - Multi
12:05	200m F- U16-20, Open, Mas		Prelims	2:30	Shot Put	Female
12:25	200m M – U16-20, Open, Mas		Prelims	3:00	Javelin - Dec	M - Multi
12:45	3000m F – All		Finals			
13:00	3000m M - All		Finals	11:00	Long Jump - Tetrathlon	M/F
13:15	2000m F – U16		Finals	12:00	Shot Put - Tetrathlon	M/F
13:25	2000m M – U16		Finals			
13:35	800m F – Hept(7)		Multi			
13:45	Track Break					
13:55	150m F – U14	No Blocks	Finals			
14:00	150m M – U14	No Blocks	Finals			
14:10	200m F – U16		Finals			
14:15	200m F – U18		Finals			
14:20	200m F – U20, Open, Mas		Finals			
14:30	200m M – U16		Finals			
14:35	200m M – U18		Finals			
14:40	200m M – U20, Open, Mas		Finals			
14:50	600m - Tetrathlon (4)		Multi			
15:10	800m F – All		Finals			
15:25	800m M- All		Finals			
15:40	200mh F – U14-16 30"		Finals			
15:45	200mh M – U14-16 30"		Finals			
15:55	400mh F - U18, U20, Open. 30"		Finals			
16:05	400mh M - U18 33"		Finals			
16:15	400mh M- U20, Open 36"		Finals			
16:25	1500m - Decathlon		Multi			
16:40	Medley Relay (400-200-200-800)		Finals			