

Saturday July 25th

[illegible]

2026 Atlantic Championships						
Sunday July 26th						
Time	Track	Note	Round	Field Events		
9:30	110mH - Decathlon		Multi	10:00	Long Jump - Hep	Female
9:45	60m F/M Tetrathlon (1)	No Blocks	Multi	11:00	Triple Jump	Male
10:10	5000m Mixed & 5000m/3000m RW		Finals	12:30	Pole Vault - Dec & All	Multi & All
10:50	1500m SC – F U16	No water	Finals	1:30	Triple Jump	F - U14-16
11:05	2000m SC- F-U18 & M-Mas		Finals	2:45	Triple Jump	F - U18-Senior
11:30	2000m SC-M- U18		Finals			
11:45	200m F- U16-20, Open, Mas		Prelims	10:00	Discus - Decathlon	M - Multi
12:15	200m M – U16-20, Open, Mas		Prelims	10:45	Javelin	Female
12:55	3000m F – All		Finals	11:00	Shot Put	M - U14-16
13:10	3000m M - All		Finals	12:30	Javelin - Hep	F - Multi
13:25	2000m F – U16		Finals	12:30	Shot Put	M - U18-Mast
13:35	2000m M – U16		Finals	2:00	Shot Put	F - U14-16
13:50	800m F – Hept(7)		Multi	2:30	Javelin - Dec	M - Multi
14:00	Track Break			3:15	Shot Put	F - U18-Mast
14:40	600m F - Tetrathlon		Multi			
14:55	600m M - Tetrathlon		Finals	10:30	Long Jump - Tetrathlon	F
15:05	150m F – U14	No Blocks	Finals	10:30	Shot Put - Tetrathlon	M
15:10	150m M – U14	No Blocks	Finals	12:00	Long Jump - Tetrathlon	M
15:20	200m F – U16		Finals	12:00	Shot Put - Tetrathlon	F
15:25	200m F – U18		Finals			
15:30	200m F – U20, Open, Mas		Finals			
15:40	200m M – U16		Finals			
15:45	200m M – U18		Finals			
15:50	200m M – U20, Open, Mas		Finals			
16:05	800m F – All		Finals			
16:20	800m M- All		Finals			
16:40	200mh F – U14-16 30"		Finals			
16:45	200mh M – U14-16 30"		Finals			
16:55	400mh F - U18, U20, Open. 30"		Finals			
17:05	400mh M - U18 33" & U20		Finals			
17:15	1500m - Decathlon		Multi			
17:25	Medley Relay (400-200-200-800)		Finals			