

	SOUTH ZONE JUNIOR HIGH TRACK AND FIELD SCHEDULE - 2026							
	TIME	U13 GIRLS	U13 BOYS	U14 GIRLS	U14 BOYS	U16 GIRLS	U16 BOYS	TIME
	9:00	High Jump	Discus	Javelin	Long Jump	Triple Jump	Shot Put	9:00
	9:00	3000m	3000m					9:00
	9:25			3000m	3000m			9:25
	9:50					3000m	3000m	9:50
	10:15	Para Shot Put						10:15
	10:15	Shot Put	Triple Jump	High Jump	Discus	Javelin	Long Jump	10:15
	10:15	Hurdle Finals						10:15
	10:20		Hurdle Finals					10:20
	10:25			Hurdle Finals				10:25
	10:30				Hurdle Finals			10:30
	10:35					Hurdle Finals		10:35
	10:40						Hurdle Finals	10:40
	10:45	Para 100m						10:45
	10:50	100 M Heats						10:50
	10:55			100 M Heats				10:55
	11:00					100 M Heats		11:00
	11:05		100 M Heats					11:05
	11:10				100 M Heats			11:10
	11:15						100 M Heats	11:15
	11:30	Long Jump	Javelin	Shot Put	Triple Jump	High Jump	Discus	11:30
	11:30	400 M Finals						11:30
	11:40			400 M Finals				11:40
	11:50					400 M Finals		11:50
	12:00		400 M Finals					12:00
	12:10				400 M Finals			12:10
	12:20						400 M Finals	12:20
	12:30	30 MIN BREAK FOR TRACK WORKERS						12:30
	12:45	Discus	High Jump	Long Jump	Javelin	Shot Put Para Shot Put	Triple Jump	12:45
	1:00	200M Finals						1:00
	1:07			200M Finals				1:07
	1:14					200M Final		1:14
	1:20	PARA 200 M						1:20
	1:30		200M Finals					1:30
	1:40				200M Finals			1:40
	1:50						200M Finals	1:50
	2:00	800 M Final						2:00
	2:05			800 M Final				2:05
	2:10					800 M Final		2:10
	2:00	Triple Jump	Shot Put	Discus	High Jump	Long Jump	Javelin	2:00
	2:15		800 M Final					2:15
	2:20				800 M Final			2:20
	2:25						800 M Final	2:25
	2:30	100 M Final						2:30
	2:35			100 M Final				2:35
	2:40					100 M Final		2:40
	2:45		100M Final					2:45
	2:50				100 M Final			2:50
	2:55						100 M Final	2:55
	3:00	1500 M						3:00
	3:10			1500 M				3:10
	3:15	Javelin	Long Jump	Triple Jump	Shot Put	Discus	High Jump	3:15
	3:20					1500 M		3:20
	3:30		1500 M					3:30
	3:40				1500 M			3:40
	3:50						1500 M	3:50
	4:00	4x100 Relay						4:00
	4:05			4x100 Relay				4:05
	4:10					4x100 Relay		4:10
	4:15		4x100 Relay					4:15
	4:20				4x100 Relay			4:20
	4:25						4x100 Relay	4:25
	4:35	Girls 4x400 Open Relay						4:35
	4:45		Boys 4x400 Open Relay					4:45