2026 VSAC ATHLETICS CHAMPIONSHIPS

PROVISIONAL TIMETABLE AS AT 13.10.26

Track

TIME	EVENT	Heats	AGE GROUP/S
12:00 PM	100m	3	Junior Male
12:09 PM	100m	3	Junior Female
12:18 PM	100m	3	Intermediate Male
12:27 PM	100m	3	Intermediate Female
12:36 PM	100m	3	Senior Male
12:45 PM	100m	3	Senior Female
12:54 PM	*100m*	*1*	*Para Male*
12:57 PM	*100m*	*1*	*Para Female*
1:10 PM	400m	2	Junior Male
1:18 PM	400m	2	Junior Female
1:26 PM	400m	2	Intermediate Male
1:34 PM	400m	2	Intermediate Female
1:42 PM	400m	2	Senior Male
1:50 PM	400m	2	Senior Female
2:05 PM	1500m	2	Junior Male
2:20 PM	1500m	2	Junior Female
2:35 PM	1500m	2	Intermediate Male
2:50 PM	1500m	2	Intermediate Female
3:05 PM	1500m	2	Senior Male
3:20 PM	1500m	2	Senior Female
3:40 PM	*200m*	*1*	*Para Male*
3:43 PM	*200m*	*1*	*Para Female*
3:46 PM	200m	2	Junior Male
3:52 PM	200m	2	Junior Female
3:58 PM	200m	2	Intermediate Male
4:04 PM	200m	2	Intermediate Female
4:10 PM	200m	2	Senior Male
4:16 PM	200m	2	Senior Female
4:30 PM	800m	2	Junior Male
4:38 PM	800m	2	Junior Female
4:46 PM	800m	2	Intermediate Male
4:54 PM	800m	2	Intermediate Female
5:02 PM	800m	2	Senior Male
5:10 PM	800m	2	Senior Female
5:18 PM	***800m***	***1***	***Para Mixed***
5:30 PM	4x100m	2	Junior Male
5:38 PM	4x100m	2	Junior Female
5:46 PM	4x100m	2	Intermediate Male
5:54 PM	4x100m	2	Intermediate Female
6:02 PM	4x100m	2	Senior Male
6:10 PM	4x100m	2	Senior Female
6:30 PM	Medley Relay 800m, 400m, 200m, 200m	1	Junior Male
6:38 PM	Medley Relay 800m, 400m, 200m, 200m	1	Junior Female
6:46 PM	Medley Relay 800m, 400m, 200m, 200m	1	Intermediate Male
6:54 PM	Medley Relay 800m, 400m, 200m, 200m	1	Intermediate Female
7:02 PM	Medley Relay 800m, 400m, 200m, 200m	1	Senior Male
7:10 PM	Medley Relay 800m, 400m, 200m, 200m	1	Senior Female

Discus

TIME	EVENT	AGE GROUP/S
12:00 PM	Discus	Junior Female
12:50 PM	Discus	Junior Male
1:45 PM	Discus	Intermediate Female
2:30 PM	Discus	Intermediate Male
3:25 PM	Discus	Senior Female
4:15 PM	Discus	Senior Male

High Jump

TIME	EVENT	AGE GROUP/S
12:00 PM	High Jump	Senior Male
1:50 PM	High Jump	Junior Male
3:40 PM	High Jump	Intermediate Male

High Jump

TIME	EVENT	AGE GROUP/S
12:00 PM	High Jump	Senior Female
1:50 PM	High Jump	Junior Female
3:40 PM	High Jump	Intermediate Female

Long Jump

TIME	EVENT	AGE GROUP/S
12:00 PM	Long Jump	Junior Male
12:50 PM	Long Jump	Junior Female
1:40 PM	Long Jump	Intermediate Male
2:30 PM	Long Jump	Intermediate Female
3:25 PM	Long Jump	Senior Male
4:15 PM	Long Jump	Senior Female
5:05 PM	***Long Jump***	***Para Mixed***

Shot Put

TIME	EVENT	AGE GROUP/S
12:00 PM	Shot Put	Intermediate Female
12:45 PM	Shot Put	Intermediate Male
1:30 PM	Shot Put	Senior Male
2:10 PM	Shot Put	Senior Female
2:55 PM	Shot Put	Junior Male
3:35 PM	Shot Put	Junior Female
4:20 PM	***Shot Put***	***Para Mixed***

Triple Jump

TIME	EVENT	AGE GROUP/S
12:00 PM	Triple Jump	Intermediate Male
12:50 PM	Triple Jump	Intermediate Female
1:40 PM	Triple Jump	Senior Male
2:30 PM	Triple Jump	Senior Female
3:20 PM	Triple Jump	Junior Female
4:10 PM	Triple Jump	Junior Male