



FRIDAY 9TH OCTOBER MORNING

MALE	TIME	FEMALE
110 HURDLES 18-29 (1) 1.06 110 HURDLES 35-39 (2) 0.99 110 HURDLES 40-44 (3) 0.99 110 HURDLES 45-49 (2) 0.99 TRIPLE JUMP 50-54 (2) TRIPLE JUMP 55-59 (1) TRIPLE JUMP 60-64 (3) TRIPLE JUMP +65 (1)	10.00	TRIPLE JUMP 45-49 (1)
100 HURDLES 50-54 (1) 0.91 100 HURDLES 55-59 (2) 0.91 100 HURDLES 60-64 (1) 0.83 100 HURDLES 65+ (1) 0.83	10.05	100 HURDLES 18-29 (1) 0.83 100 HURDLES 30-34 (1) 0.83
	10.15	80 HURDLES 40-44 (1) 0.76 80 HURDLES 45-49 (1) 0.76 80 HURDLES 55-59 (1) 0.76
	10.25	3000 ST. 30-34 (1) 0.76
	10.28	2000 ST. 40-44 (1) 0.76
100 M PENTATLON (5)	10.45	
3000 ST. 50-54 (4) 0.83 3000 ST. 55-59 (1) 0.83	10.50	
3000 ST. 18-29 (1) 0.91 3000 ST. 30-34 (3) 0.91 3000 ST. 35-39 (3) 0.91 LONG JUMP PENTATLON (5)	11.05	
TRIPLE JUMP 18-29 (2) TRIPLE JUMP 35-39 (4) TRIPLE JUMP 40-44 (1) TRIPLE JUMP 45-49 (1) 3000 M. PENTATLON (5)	11.40	
SHOT PUT PENTATLON 45-49 (3) 7.26KG SHOT PUT PENTATLON 55-59 (1) 6 KG SHOT PUT PENTATLON 60-64 (1) 5KG	12.20	
800 M PENTATLON (5)	12.50	



SATURDAY 10TH OCTOBER MORNING

MALE	TIME	FEMALE
5K WALK 18-29 (1) 5K WALK 40-44 (1) 5K WALK 55-59 (2) SHOT PUT 50-54 (3) 6KG SHOT PUT 55-59 (4) 6KG LONG JUMP 50-54 (3) LONG JUMP 55-59 (3) LONG JUMP 60-64 (4)	10.00	SHOT PUT 18-29 (1) 4KG SHOT PUT 40-44 (1) 4KG SHOT PUT 45-49 (2) 4KG SHOT PUT 65+ 3KG (1) LONG JUMP 40-44 (1) LONG JUMP 45-49 (2)
800 M 18-29 (1) 800 M 30-34 (6) 800 M 35-39 (7)	10.45	
800 M 40-44 (3) 800 M 45-49 (4) 800 M 50-54 (5)	10.50	
800 M 55-59 (5) 800 M 60-64 (5) 800 M 65+ (3)	10.55	
	11.00	800 M 18-29 (1) 800 M 30-34 (2) 800 M 35-39 (2) 800 M 40-44 (3) 800 M 45-49 (2)
200 M 18-29 (8)	11.10	
200 M 30-34 (5)	11.15	
200 M 35-39 (6)	11.20	
200 M 40-44 (6)	11.25	
200 M 45-49 FINAL A (9)	11.30	
200 M 45-49 FINAL B (9)	11.35	
200 M 50-54 (6) 200 M 55-59 (1) SHOT PUT 60-64 (4) 5KG SHOT PUT 65+ (7) 5KG LONG JUMP 18-29 (4) LONG JUMP 35-39 (3) LONG JUMP 40-44 (3) LONG JUMP 45-49 (2) LONG JUMP 50-54 (3)	11.40	
200 M 60-64 (5) 200 M 65+ (3)	11.45	
	11.50	200 M 30-34 (4) 200 M 35-39 (4)
	11.55	200 M 40-44 (3) 200 M 45-49 (3) 200 M 55-59 (1)
SHOT PUT 18-29 (2) 7.26KG SHOT PUT 30-34 (1) 7.26KG SHOT PUT 35-39 (3) 7.26KG SHOT PUT 40-44 (2) 7.26KG SHOT PUT 45-49 (8) 7.26KG	13.10	



SATURDAY 10TH OCTOBER AFTERNOON

MALE	TIME	FEMALE
400 M 18-29 FINAL A (10) DISCUS THROW 50-54 (2) 1.5KG DISCUS THROW 55-59 (4) 1.5 KG DISCUS THROW 60-64 (3) 1KG DISCUS THROW 65+ (7) 1KG JAVELIN THROW 18-29 (3) 800 JAVELIN THROW 30-34 (1) 800 JAVELIN THROW 35-39 (4) 800 JAVELIN THROW 40-44 (6) 800 JAVELIN THROW 45-49 (5) 800	16.30	DISCUS THROW 35-39 (1) 1KG DISCUS THROW 40-44 (1) 1 KG DISCUS THROW 45-49 (1) 1 KG DISCUS THROW 65+ (1) 1 KG
400 M 18-29 FINAL B (10)	16.35	
400 M 30-34 (5) 400 M 65+ (3)	16.40	
400 M 35-39 (6) 400 M 40-44 (2)	16.45	
400 M 45-49 FINAL A (9)	16.50	
400 M 45-49 FINAL B (9)	16.55	
400 M 50-54 (7)	17.00	
400 M 55-59 (3) 400 M 60-64 (4)	17.05	
	17.10	400 M 30-34 (1) 400 M 35-39 (3) 400 M 40-44 (2)
	17.15	400 M 45-49 (4) 400 M 55-59 (1)
100 M 18-29 FINAL A (10)	17.25	
100 M 18-29 FINAL B (10)	17.30	
100 M 30-34 (6)	17.35	
100 M 35-39 (5)	17.40	
100 M 40-44 (7)	17.45	
100 M 45-49 FINAL A (9)	17.50	
100 M 45-49 FINAL B (9)	17.55	
100 M 50-54 (5) 100 M 55-59 (1) 100 M 65+ (1)	18.00	
100 M 60-64 (7)	18.05	
	18.10	100 M 30-34 (4) 100 M 35-39 (3)
	18.15	100 M 40-44 (3) 100 M 45-49 (3) 100 M 55-59 (1)
4X400	18.35	
	18.50	4X400
DISCUS THROW 18-29 (1) 2KG DISCUS THROW 30-34 (1) 2KG DISCUS THROW 35-39 (1) 2KG DISCUS THROW 40-44 (2) 2KG DISCUS THROW 45-49 (6) 2KG JAVELIN THROW 50-54 (3) 700 JAVELIN THROW 55-59 (4) 700 JAVELIN THROW 60-64 (3) 600 JAVELIN THROW 65+ (6) 600	19.00	JAVELIN THROW 35-39 (1) 600 JAVELIN THROW 40-44 (1) 600 JAVELIN THROW 45-49 (1) 600



SCHEDULE: TRACK AND FIELD ATHLETICS EPFG 2026

	19.05	1500 M 18-29 (1) 1500 M 30-34 (3) 1500 M 35-39 (1) 1500 M 40-44 (2) 1500 M 45-49 (2)
1500 M 18-29 (2) 1500 M 30-34 (5) 1500 M 35-39 (7)	19.15	
1500 M 40-44 (3) 1500 M 45-49 (2) 1500 M 50-54 (7)	19.25	
1500 M 55-59 (4) 1500 M 60-64 (5) 1500 M 65+ (2)	19.35	
4X400 MIXED	19.45	4X400 MIXED



SUNDAY 11TH OCTOBER MORNING

MALE	TIME	FEMALE
400 M HURDLES 18-29 (1) 0.91 400 M HURDLES 30-34 (2) 0.91 400 M HURDLES 35-39 (1) 0.91 400 M HURDLES 40-44 (2) 0.91 400 M HURDLES 45-49 (1) 0.91 HAMMER THROW 18-29 (1) 7.26KG HAMMER THROW 35-39 (1) 7.26KG HAMMER THROW 40-44 (1) 7.26KG HAMMER THROW 45-49 (3) 7.26KG HAMMER THROW 50-54 (2) 6KG HAMMER THROW 55-59 (3) 6KG HIGH JUMP 50-54 (3) HIGH JUMP 55-59 (2) HIGH JUMP 60-64 (1)	10.00	HIGH JUMP 40-44 (1) HIGH JUMP 45-49 (2)
400 M HURDLES 50-54 (3) 0.83 400 M HURDLES 55-59 (1) 0.83	10.10	400 M HURDLES 18-29 (1) 0.76 400 M HURDLES 40-44 (2) 0.76 400 M HURDLES 45-49 (1) 0.76
300 M HURDLES 60-64 (1) 0.76 300 M HURDLES 65+ (1) 0.76 POLE VAULT 35-39 (1) POLE VAULT 40-44 (1) POLE VAULT 45-49 (1) POLE VAULT 50-54 (2) POLE VAULT 55-59 (2)	10.20	300 M HURDLES 55-59 (1) 0.76
	10.30	5000 M 18-29 (1) 5000 M 30-34 (1) 5000 M 35-39 (1) 5000 M 40-44 (1)
4X100	11.05	
	11.15	4X100
5000 M 18-29 (3) 5000 M 30-34 (6) 5000 M 35-39 (5) 5000 M 40-44 (3)	11.25	
HIGH JUMP 18-29 (2) HIGH JUMP 30-34 (1) HIGH JUMP 35-39 (2) HIGH JUMP 40-44 (2) HIGH JUMP 45-49 (4) HIGH JUMP 65+ (1) HAMMER THROW 60-64 (2) 5KG HAMMER THROW 65+ (6) 5 KG	11.30	HAMMER THROW 40-44 (1) 4KG HAMMER THROW 65+ (1) 3KG
5000 M 45-49 (4) 5000 M 50-54 (2) 5000 M 55-59 (3) 5000 M 60-64 (2) 5000 M 65+ (1)	11.55	
4X100 MIXED	12.20	4X100 MIXED