

South Eastern Schools Inter Counties

Medway Park: 20th June 2026

Track and Field Timetable



Time	T No#	Track	Time	F No#	Field
			10.15	F1 & F2	IG/IB Hammer (3kg/5kg)
11:00	RW1	U13 1500m Race Walk	10.30	F3 & F4	JG/IG Pole Vault
11:15	RW2	JB/JG 2000m Race Walk	10.30	F5	JB High Jump
		IB/IG 3000m Race Walk			
		SB/SG 3000m Race Walk	10.30	F6	JB Shot (4kg)
			10.30	F7	IG Triple Jump
			11.30	F8	IB Shot (5kg)
			11.30	F9 & F10	JG/IB Hammer (3kg/4kg)
11.45	T1	U18B 400m Hurdles 84.0cm (max 2 races)	12.00	F11	IB High Jump
12.00	T2	U18G 400m Hurdles 76.2cm (max 2 races)			
12.10	T3	U16B 300m Hurdles 76.2cm (2 races)	12.15	F12	JB Triple Jump
12.20	T4	U16G 300m Hurdles 76.2cm (2 races)			
12.35	T5-8	JG/IB/IG/IB 800m (max 4 races)	12.30	F13	IG Long Jump
13:00	T9-12	JG/IB/IG/IB 100m (max 8 races)	13.15	F14	JG Javelin (500g)
13.25	T13	IB 3000m	13.15	F15	JB Discus (1.25kg)
13.40	T14	U16G 80m Hurdles 76.2cm (max 2 races)	13.30	F16 & F17	JB/IB Pole Vault
13.50	T15	U18G 100m Hurdles 76.2cm (max 2 races)	13.30	F18	JG Shot (3kg)
14.05	T16	U16B 100m Hurdles 84.0cm (max 2 races)	13.50	F19	JG High Jump
14.15	T17	IG 3000m	14.00	F20	IB Long Jump
14:30	T18	U18B 110m Hurdles 91.4cm (2 races)			
14.45	T19	IB 1500m S/C	14.15	F21	IG Javelin (500g)
			14.15	F22	IB Discus (1.50g)
15:00	T20-23	JG/IB/IG/IB 1500m (4 Races)	14.30	F23	IG Shot (3kg)
15:30	T24-27	JG/IB/IG/IB 200M (Max 8 races)			
			15.15	F24	IB Javelin (700g)
			15.15	F25	JG Discus (1.0kg)
			15.30	F26	JG Long Jump
			15.30	F27	IG High Jump
15.55	T28-31	JG/IG/IB/IB 300m (max 6 Races)	15.30	F28	IB Triple Jump
16.15	T32	IB 400m (max 2 races)	16.15	F29	IG Discus (1.0kg)
16.25	T33	IG 1500m S/C	16.15	F30	JB Long Jump
16.45	T34-37	JG/IB/IG/IB 4x100m Relay	16.15	F31	JB Javelin (600g)

1. The timings of the field events may be delayed because of the earlier events overrunning
2. EDM will be used for all long throws.
3. **There will be 4 attempts for field events;** Except PV and HJ.
4. Full Electronic Timing will be in operation for all track events.