

Coast2Coast 2026
Draft Timetable
Saturday 4 July – Monday 6 July 2026

Day One - Track

9.00am –	Sprint hurdles
9.40am	(Prelims as required)
9.50am	5000m Finals (M&F U20 & Open)
10.40am	Sprint hurdles (Finals)
11.20am –	400m Finals (WU16 – WOpen)
12.55am	400m Finals (W Op Amb)
	400m Finals (MU16 – MOpen)
	400m Finals (M Op Amb)
1.00pm –	M&F 3000m (U16 & U18)
1.30pm	
1.40pm -	100m (Prelims as required)
2.30pm –	100m Finals (W Op Amb)
3.30pm	100m Finals (M Op Amb)
	100m Finals (WU16 – WOpen)
	100m Finals (MU16 – MOpen)
3.55pm –	4x100m Relay Finals (W – all ages)
4.30pm	4x100m Relay Finals (M – all ages)

Day One - Field

8.15am	Pole Vault W/up	WU16, MU16 & MU18
8.45am	Hammer	MU20 & MOpen
9.00am	Triple Jump	WU18
9.00am	Pole Vault	WU16, MU16 & MU18
10.15am	Hammer	WU20 & WOpen
10.30am	Triple Jump	WU16
11.00am	Pole Vault W/up	MU20 & MOpen
11.30am	High Jump	WU20 & WOpen
11.45am	Pole Vault	MU20 & MOpen
11.45am	Javelin	MU18 & MOpen
11.50am	Long Jump	MU16
12.30pm	Shot Put	WU16
1.15pm	Javelin	MU16 & MU20
1.15pm	Long Jump	MU18
1.45am	Pole Vault W/up	WU18, U20 & Open
2.30pm	Pole Vault	WU18, U20 & Open
2.30pm	Javelin	WU16 & WU20
2.30pm	Shot Put	MU18, MOp & Op Amb

Day Two - Track

8.30am –	3000m Steeple - 91cm (MU20 & Op)
9.40am	(Prelims and Finals)
9.50am -	200m Prelims (as required)
10.45am	
10.50am –	800m Finals
11.30am	
12.00pm -	400m Hurdles and
1.00pm	300m Hurdles Finals
1.05pm –	200m Finals (WU16 – WOpen)
2.00pm	200m Finals (WPara)
	200m Finals (MU16 – MOpen)
	200m Finals (M Op Amb)
2.30pm -	Mixed 4x400m Relay Finals (all ages)
3.00pm	

Day Two - Field

8.30am	High Jump	WU16
9.45am	Triple Jump	MU20 & MOpen
9.45am	Triple Jump	MU16
9.50am	High Jump	MU18
9.50am	Javelin	WU18
11.30am	High Jump	WU18
11.30am	Shot Put	MU20
12.15pm	Javelin	WOpen
12.15pm	Triple Jump	WU20 & Open
12.45pm	Shot Put	WU18
1.00pm	High Jump	MU20 & MOpen
1.00pm	Discus	MOpen & M Op Amb
1.45pm	High Jump	MU16
2.00pm	Discus	WU20, WOp & WOp Amb
2.00pm	Triple Jump	MU18

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Day Three - Track

Day Three - Field

		8.30am	Discus	WU18
		9.15am	Long Jump	WU20, WOpen & W Op Amb
9.20am -	60m Sprint Prelims (as required)	9.30am	Discus	WU16
9.45am	(WU16-WOpen & MU16-MOpen)			
9.55am -	3000m Race Walk & 5000m Race			
10.30am	Walks	Finals	10.30am	Discus
			10.40am	Long Jump
10.50am -	200m Hurdles (MU16 & WU16)			MU20
11.05am		Finals		MU20, MOpen & M Op Amb
11.15am -	60m Sprint	Finals	11.15am	Shot Put
11.50pm	(WU16-WOpen & MU16-MOpen)		11.20am	Long Jump
				MU16
12.00pm -	1500m Finals		12.00pm	Shot Put
12.50pm	(M&W U16 – Open		12.35pm	Long Jump
	& M&W Op Amb)		12.40pm	Discus
				MU18
1.15pm -	4x400m Relay Finals (W – all ages)			
2.00pm	4x400m Relay Finals (WM – all ages)	1.15pm	Discus	MU16