

Worcestershire County Track Events Timetable

Event No	Time	Event	Age Groups	H/F	ENTRANT Nos		
T01	10.30	3000m Race Walk	M/F U16 - Senior/Masters	Final		9	
T02	11.00	400m Hurdles	U18M/U20M/U18W/SW	Final	1,2,1,1	5	
T03	11.15	300m Hurdles	U16B/MM/U16G	Final	1,1,1	3	
T04	11.30	300m	U16B	Final	3,	3	
T05		300m	U16G	Final	8,	8	
T06	11.40	400m	U18W/SW/MW	Final	2,1,1	4	
T07		400m	U18/SM/MM	Final	1,3,1	5	
T08	11.50	Quad 50m	U10B	2 Races	9,	17	
T09a		Quad 75m	U12B		8,		
T09b		Quad 75m	U12B	1 Race	8,	8	
T10	12.00	100m	U14B	2 Heats	1x7 1x6	13	to T29
T11		100m	U14G	2 Heats	1x6 1x5	11	to T30
T12		100m	U16G	2 Heats	2x5	10	to T36
T13a	12.20	Quad 75m	U12G	3 Races	7,	20	
T13b		Quad 75m	U12G		6,		
T13c		Quad 75m	U12G		6,		
T14		Quad 50m	U10G	1 Race	6,	6	
T15	12.40	1500m	U18M/U20M/SM	Final	1,2,4	7	
T16		1500m	U18W/SW	Final	3,1	4	
T17		1500m	U14B/U16B	Final	8,4	12	
T18		1500m	U14G/U16G	Final	8,5	13	
T19	13.10	70m Hurdles	U12G	Final	3,	3	
T20	13.20	75m Hurdles	U12B	Final	5,	5	
T21	13.30	75m Hurdles	U14G	Final	6,	6	
T22	13.40	80m Hurdles	U14B/U16G	Final	4,2	6	
T23	13.50	100m Hurdles	U18M/U18W	Final	1,1	2	
T24	14.00	110m Hurdles	U18M/SM	Final	1,1	2	
T25	14.10	200m	U16G	2 Heats	1x5 1x4	9	to T44
T26	14.15	3000m	U16 - Masters M/F	Final	11,	11	
T27a	14.40	Quad 600m	U12B	1 Races	8,	8	
T27b		Quad 600m	U12B	2 Races	9,	17	
T28	14.55	Quad 400m	U10B		8,		
T29	15.05	100m	U14B	Final	8,	8	From T10
T30		100m	U14G	Final	8,	8	From T11
T31		100m	SW/MW	Final	4,	4	
T32		100m	SM	Final	4,	4	
T33		100m	U18M	Final	6,	6	
T34		100m	U16B/U18W	Final	4,1	5	
T35		100m	U16G	Final	8,	8	From T12
T36a	15.25	Quad 600m	U12G	1 Races	6,	6	
T36b		Quad 600m	U12G	2 Races	10,	20	
T37	15.40	Quad 400m	U10G		10,		
T38	15.45	800m	U14B/U16B	Final	7,2	9	
T39		800m	U14G/U16G	Final	6,5	11	
T40		800m	U18M/U18W	Final	4,1	5	
T41		800m	U20m/SM/MM	Final	1,2,2	5	
T42	16.15	200m	SW/MW	Final	3,2	5	
T43		200m	SM/MM	Final	4,2	6	
T44		200m	U14B	Final	8,	8	
T45		200m	U16G	Final	8,	8	From T25
T46		200m	U14G	Final	8,	8	
T47		200m	U16B/U18W	Final	3,3	6	
T48		200m	U18M	Final	5,	5	

Worcestershire County Field Events Timetable

Saturday 9th May 2026

F1 10:15 Hammer (All Ages)	10	
F2 10:15 Long Jump (All U18+)	10	
F3 10:15 High Jump (U18, U20 + Seniors)	7	
F4 11:45 Discus (All U14+)	18	
F5 12:15 Triple Jump (All U16+)	12	
F6 12:15 Long Jump (U14 / U16 G + B)	25	
F7 13:45 Javelin (All U18+)	15	
F8 15:00 High Jump (U14 / U16 G + B)	24	
F9 15:00 Shot (All U14+)	21	
F10 16:00 Javelin (U14 / U16 G + B)	19	
FQ1 11:00 Howler Girls - U10+U12	6+20	26
FQ2 12:30 Howler Boys - U10+U12	8+17	25
FQ3 14:15 long Jump - Girls U10+U12	6+20	26
FQ4 15:45 Long Jump - Boys U10+U12	8+17	25

Field Event Trials.

Other than the HJ athletes,
All the U14 & U16 field Events, will have Four trials,
U18 through to Senior/Masters will also have four trials,
with the top six athletes given Two more.

The starting heights for the High Jump will be
as used in the NYDL for age groups up to U20
and as used in the Midland Senior League for Seniors.

The Triple Jump board must be at least 7m.

HEATS / FINALS / TIME-TRIALS

Where necessary, track events may be split into Heats / Finals.

Two heats: fastest 3 each + 2 fastest others progress to final.

Three heats: fastest 2 each + 2 fastest others progress to final.