

Lincolnshire T&F champs · 09/05/2026

Time	Gender	Event	Round	Age group
09:30	Men & Boys	Hammer Throw (U16, U20, M35 and above)	Final	Multiple
10:00	Men & Boys	400m Hurdles (M35 and above)	Final	Multiple
10:10	Girls	300m Hurdles	Final	U16
10:20	Girls	200m Hurdles	Final	U14
10:30	Boys	800m	Final	U14
10:30	Boys	Long Jump	Final	U12
10:30	Girls	Long Jump	Final	U12
10:40	Men & Boys	800m (U16, U18)	Final	Multiple
10:50	Girls	800m	Final	U14
11:00	Girls	800m (U16, U18)	Final	U18
11:00	Women & Girls	Hammer Throw (U20, Senior, W35 and above)	Final	Multiple
11:10	Men & Boys	800m (Sen, M35 and above)	Final	Multiple
11:20	Boys	100m	Heat 1	U14
11:20	Boys	100m	Heat 2	U14
11:30	Girls	100m	Heat 1	U14
11:30	Girls	100m	Heat 2	U14
11:40	Girls	100m	Heat 1	U16
11:40	Girls	100m	Heat 2	U16
11:50	Boys	75m	Heat 1	U12
11:50	Boys	75m	Heat 2	U12
12:00	Girls	75m	Heat 1	U12
12:00	Girls	75m	Heat 2	U12
12:00	Men & Boys	Long Jump (U16, U18)	Final	Multiple
12:00	Women & Girls	Long Jump (U14, Senior, W35 and above)	Final	Multiple
12:30	Boys	600m	Final	U12
12:30	Women & Girls	Discus Throw (U14, U16, U18, Senior, W35 and above)	Final	Multiple
12:40	Girls	600m	Final	U12
12:45	Men & Boys	100m (M35 and above)	Final	Multiple
12:50	Men & Boys	100m (U18, Sen)	Final	Multiple
12:55	Women & Girls	100m (U18, Sen, W35 and above)	Final	Multiple
13:00	Girls	100m	Final	U14
13:05	Girls	100m	Final	U16
13:10	Boys	100m	Final	U14
13:15	Boys	100m	Final	U16
13:20	Boys	75m	Final	U12
13:25	Girls	75m	Final	U12
13:50	Boys	150m	Heat 1	U12
13:50	Boys	150m	Heat 2	U12
14:00	Men & Boys	3000m (U16, U18, Sen, M35 and above)	Final	Multiple
14:00	Women & Girls	3000m (U16, Sen, W35 and above)	Final	Multiple
14:00	Men & Boys	High Jump (U18, Senior, M35 and above)	Final	Multiple
14:00	Women & Girls	High Jump (U18 W)	Final	Multiple
14:00	Women & Girls	Shot Put (U14, U16, U18, Senior, W35 and above)	Final	Multiple
14:15	Men & Boys	Discus Throw (U16, U20, M35 and above)	Final	Multiple
14:35	Girls	150m	Final	U12
14:45	Boys	150m	Final	U12

Lincolnshire T&F champs · 10/05/2026

Time	Gender	Event	Round	Age group
09:00	Boys	Tri: 50m	Final	U10
09:00	Girls	Tri: 50m	Final	U10
09:00	Boys	Tri: 75m	Final	U12
09:00	Girls	Tri: 75m	Final	U12
09:00	Boys	Tri: Long Jump	Final	U10
09:00	Boys	Tri: Long Jump	Final	U12
09:00	Girls	Tri: Long Jump	Final	U10
09:00	Girls	Tri: Long Jump	Final	U12
09:00	Boys	Tri: Howler Throw	Final	U10
09:00	Boys	Tri: Howler Throw	Final	U12
09:00	Girls	Tri: Howler Throw	Final	U10

09:00	Girls	Tri: Howler Throw	Final	U12
10:00	Boys	Long Jump	Final	U14
10:00	Men & Boys	Long Jump (U20, Senior, M35 and above)	Final	Multiple
10:30	Men & Boys	Javelin Throw (U16, M35 and above)	Final	Multiple
10:30	Women & Girls	Javelin Throw (U16, U18, Senior, W35 and above)	Final	Multiple
10:45	Girls	75m Hurdles	Final	U14
10:55	Boys	100m Hurdles	Final	U16
10:55	Women	100m Hurdles	Final	U20
10:55	Women	100m Hurdles	Final	Senior
11:10	Boys	80m Hurdles	Final	U14
11:10	Girls	80m Hurdles	Final	U16
11:15	Men & Boys	Triple Jump (M35 and above)	Final	Multiple
11:20	Boys	300m	Final	U16
11:25	Girls	300m	Final	U16
11:35	Men & Boys	400m (U18, Sen, M35 and above)	Final	Multiple
11:35	Women & Girls	400m (U18, Sen)	Final	Multiple
11:45	Girls	200m	Heat 1	U16
11:45	Girls	200m	Heat 2	U16
12:00	Women & Girls	Long Jump (U16, U18)	Final	Multiple
12:40	Boys	200m	Final	U14
12:45	Boys	200m	Final	U16
12:45	Men & Boys	Pole Vault (U16, U20, M35 and above)	Final	Multiple
12:45	Women & Girls	Pole Vault (W35 and above)	Final	Multiple
12:50	Men & Boys	200m (U18, Sen M35 and above)	Final	Multiple
12:55	Girls	200m	Final	U14
13:00	Girls	200m	Final	U16
13:00	Men & Boys	High Jump (U14, U16)	Final	Multiple
13:05	Women & Girls	200m (U18, Sen)	Final	Multiple
13:15	Boys	1200m	Final	U14
13:15	Girls	1200m	Final	U14
13:30	Boys	1500m	Final	U14
13:30	Girls	1500m	Final	U14
13:40	Boys	1500m	Final	U16
13:40	Girls	1500m	Final	U16
13:50	Men & Boys	1500m (U18, Sen, M35 and above)	Final	Multiple
13:50	Women & Girls	1500m (U18, W35 and above)	Final	Multiple
14:00	Women & Girls	High Jump (U14, U16, W45 and above)	Final	Multiple
14:30	Men & Boys	Shot Put (U14, U16, U20, M35 and above)	Final	Multiple