



SUSSEX UNDER 16 LEAGUE 2026 TIMETABLE

Time	Track Events			Time	Field Events	
6.20	100m Hurdles	Boys		6.15	Discus (1&3) Hammer (2&4)	Boys
6.30	80m Hurdles	Girls		6.15	Pole Vault	Boys/Girls
6.45	300m	Boys		6.15	High Jump	Girls
6.50	300m	Girls		6.30	Long Jump	Boys
6.55	100m	Boys		6.30	Triple Jump	Boys
7.10	100m	Girls		6.30	Javelin	Girls
7.30	800m	Boys		6.45	Shot	Girls
7.40	800m	Girls		7.30	Discus (1&3) Hammer (2&4)	Girls
7.55	200m	Boys		7.30	High Jump	Boys
8.00	200m	Girls		7.30	Long Jump	Girls
8.10	1500m	Boys		7.30	Triple Jump	Girls
8.20	1500m	Girls		7.45	Shot	Boys
8.30	4x100m Relays	Boys/Girls		7.45	Javelin	Boys