

BMAF TRACK AND FIELD CHAMPIONSHIPS 2026

DRAFT PROGRAMME

Saturday 21 February 2026

TRACK

FIELD

Event	Age Group(s)	Time		Event	Age Group(s)	Time
60H	M80, W60+	13:00		Triple Jump	W55+	13:00
60H	W50	13:06		Triple Jump	M65+	13:00
60H	M70-75, W55	13:14		Shot	M55-60	13:00
60H	W40-45	13:19		Pole Vault	M35-50	13:30
60H	M65	13:27		Triple Jump	M35-45	14:45
60H	M60	13:30		Triple Jump	W35-50	14:55
60H	W35	13:38		Shot	M45-50	14:55
60H	M55	13:46		Shot	M35-40	16:15
60H	M50	13:49		Triple Jump	M50	16:15
60H	M45	13:57		Triple Jump	M55-60	16:20
60H	M40	14:00		Pole Vault	M55-65	17:15
60H	M35	14:03		Long Jump	W35, W45, W55, W70	17:25
200	M65	14:15		High Jump	M35-50	18:00
200	M60	14:23		Long Jump	M65+	18:15
200	M55	14:40		Long Jump	M35-40	18:45
200	M50	14:55				
200	M45	15:10				
200	M40	15:25				
200	M35	15:40				
200	M75 +	15:50				
200	M70	16:05				
200	W70+	16:10				
200	W65	16:20				
200	W60	16:30				
200	W55	16:40				
200	W50	16:50				
200	W45	17:00				
200	W40	17:05				
200	W35	17:15				
3000W	Women & M70+	17:25				
3000W	M35-65	17:50				
800	M70+	18:15				
800	M65	18:30				
800	M60	18:40				
800	M55	18:30				
800	M50	18:35				
800	M45	18:45				
800	M40	18:50				
800	M35	18:55				
800	W50+	19:00				
800	W45	19:20				
800	W35-40	19:25				

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DRAFT PROGRAMME

Sunday 22 February 2026

TRACK			FIELD		
Event	Age Group(s)	Time		Event	Age Group(s) Time
60	M80 +	10:00		Shot	W50-55 10:00
60	M75	10:04		Long Jump	M55 10:00
60	M70	10:08		Pole Vault	W & M70+ 10:30
60	M65	10:28		Long Jump	M60 11:00
60	M60	10:34		Shot	W35-45, W60 11:20
60	M55	10:46		Long Jump	M45-50 12:00
60	M50	10:54		Shot	W65+ 13:10
60	M45	11:02		High Jump	M55-60 13:10
60	M40	11:18		Long Jump	W60-65 14:00
60	M35	11:36		Shot	M70, M80+ 14:45
60	W70+	11:40		High Jump	W 15:00
60	W65	11:48		Long Jump	W40, W50 15:45
60	W60	11:52		Shot	M65, M75 16:05
60	W55	11:56		High Jump	M65+ 16:35
60	W50	12:04			
60	W45	12:08			
60	W40	12:16			
60	W35	12:24			
1500	M70 +	12:28			
1500	M65	12:38			
1500	M60	12:48			
1500	M55	12:58			
1500	M50	13:08			
1500	M45	13:18			
1500	M40	13:38			
1500	M35	13:48			
1500	W50+	13:58			
1500	W35, W40, W45	14:18			
60	Final	14:28			
60	Final	14:32			
60	Final	14:36			
60	Final	14:40			
60	Final	14:44			
60	Final	14:48			
60	Final	14:52			
60	Final	14:56			
60	Final	15:00			
400	M85+	15:10			
400	M70, M75, M80	15:15			
400	M65	15:20			
400	W60+	15:30			
400	M60	15:45			
400	W55	16:00			
400	M55	16:05			
400	W50	16:15			
400	M50	16:20			
400	W45	16:30			
400	M45	16:40			
400	W40	16:55			
400	M40	17:05			
400	W35	17:15			
400	M35	17:25			