

**Saturday 20 - Sunday 21 June
Alexander Stadium**

Event days

MEN	EVENT	WOMEN
SAT	100m	SAT
SUN	200m	SUN
SAT / SUN	400m	SAT / SUN
SAT / SUN	800m	SAT / SUN
SAT / SUN	1500m	SAT / SUN
SUN	5000m	SAT
SUN	3000m Steeplechase	SAT
SUN	110m/100m Hurdles	SAT
SAT / SUN	400m Hurdles	SAT / SUN
SAT	High Jump	SUN
SUN	Pole Vault	SAT
SAT	Long Jump	SUN
SUN	Triple Jump	SAT
SUN	Shot Put	SAT
SAT	Discus Throw	SUN
SUN	Hammer Throw	SAT
SUN	Javelin Throw	SAT
SAT	5000m Walk	SAT
Event Disciplines TBC	Para Events	Event Disciplines TBC

Event days are subject to change - correct as of 30/04/2026