

2026 NBL TRACK AND FIELD CHAMPIONSHIPS

TRACK EVENT SCHEDULE

updated May 4, 2026 at 11am

TUESDAY - MAY 5

CHECK-IN DEADLINE	EVENT START	TRACK EVENT	HEATS	ENTRANTS
3:30 PM	4:00 PM	JVB 110m Hurdles	2	9
3:38 PM	4:08 PM	JVG 400m	3	17
3:47 PM	4:17 PM	JVB 400m	5	35
4:02 PM	4:32 PM	VG 400m	3	21
4:11 PM	4:41 PM	VB 400m	3	19
4:20 PM	4:50 PM	JVG 100m	9	67
4:42 PM	5:12 PM	JVB 100m	8	60
5:02 PM	5:32 PM	VG 100m	6	41
5:17 PM	5:47 PM	VB 100m	5	34
5:30 PM	6:00 PM	JVB 300M Hurdles	2	9
5:40 PM	6:10 PM	VB 300M Hurdles	3	17
5:55 PM	6:25 PM	JVG 200m	7	54
6:16 PM	6:46 PM	JVB 200m	9	71
6:43 PM	7:13 PM	VG 200m	5	39
6:58 PM	7:28 PM	VB 200m	5	34
7:15 PM	7:45 PM	JVG/VG 4 x 800m	1	9
7:31 PM	8:01 PM	JVB/VB 4 x 800m	1	10

THURSDAY - MAY 7

CHECK-IN DEADLINE	EVENT START	TRACK EVENT	HEATS	ENTRANTS
3:30 PM	4:00 PM	UB 4 x 100m	1	1
3:35 PM	4:05 PM	JVG 4 X 100M	1	8
3:39 PM	4:09 PM	JVB 4 X 100M	2	9
3:47 PM	4:17 PM	VG 4 X 100M	2	9
3:55 PM	4:25 PM	VB 4 x 100M	1	8
3:59 PM	4:29 PM	JVG 1600M	1	23
4:06 PM	4:36 PM	JVB 1600M	3	62
4:27 PM	4:57 PM	VG 1600M	2	28
4:40 PM	5:10 PM	VB 1600M	2	29
4:51 PM	5:21 PM	VB 110m Hurdles	2	12
4:59 PM	5:29 PM	JVB 110m Hurdles	1	9
5:03 PM	5:33 PM	JVG 100m Hurdles	1	6
5:07 PM	5:37 PM	VG 100m Hurdles	2	15
5:15 PM	5:45 PM	JVG 400M	1	8
5:18 PM	5:48 PM	JVB 400M	1	8
5:21 PM	5:51 PM	VG 400M	2	16
5:27 PM	5:57 PM	VB 400M	2	16
5:33 PM	6:03 PM	UB 100m	2	14
5:39 PM	6:09 PM	JVG 100M	1	8
5:42 PM	6:12 PM	JVB 100M	1	8
5:45 PM	6:15 PM	VG 100M	2	16
5:51 PM	6:21 PM	VB 100M	2	16
5:57 PM	6:27 PM	JVG 800M	2	26
6:05 PM	6:35 PM	JVB 800M	3	56
6:17 PM	6:47 PM	VG 800M	1	21
6:20 PM	6:50 PM	VB 800M	2	22
6:28 PM	6:58 PM	JVG 300M Hurdles	1	8
6:32 PM	7:02 PM	VG 300M Hurdles	2	16
6:40 PM	7:10 PM	JVB 300M Hurdles	1	8
6:44 PM	7:14 PM	VB 300M Hurdles	2	16
6:52 PM	7:22 PM	JVG 200M	1	8
6:55 PM	7:25 PM	JVB 200M	1	8
6:58 PM	7:28 PM	VG 200M	2	16
7:04 PM	7:34 PM	VB 200M	2	16
7:10 PM	7:40 PM	JVG 3200M	1	7
7:27 PM	7:57 PM	JVB 3200M	1	16
7:41 PM	8:11 PM	VG 3200M	1	11
7:55 PM	8:25 PM	VB 3200M	1	22
8:07 PM	8:37 PM	JVG 4 X 400M	1	5
8:13 PM	8:43 PM	JVB 4 X 400M	1	6
8:19 PM	8:49 PM	VG 4 X 400M	1	8
8:24 PM	8:54 PM	VB 4 X 400M	2	9