

Match 1

Inverness & Aberdeen - 12 April 2026

<u>TRACK</u>			<u>FIELD</u>		
11.00	100m	U12 Girls	11.00	Shot Putt	U18 M & SM
	100m	U12 Boys		Javelin	U12 Girls
	100m	U14 Girls		High Jump	U14 Boys
	100m	U14 Boys		Long Jump	U16 Girls
	100m	U16 girls			
	100m	U16 Boys			
	100m	U18 Women			
	100m	U18 Men			
	100m	Women			
	100m	Men			
12.00	800m	U12 Girls	12.00	Shot Putt	U12 Boys
	800m	U12 Boys		Javelin	S Women
	1500m	U18 Women		High Jump	S Men
	1500m	Women		Long Jump	U18 Women
	1500m	U18 Men			
	1500m	Men			
	800m	U14 Girls	1.00	Javelin	U16 Girls
	800m	U14 Boys		Shot Putt	U14 Boys
	800m	U16 Girls		High Jump	U18 Men
	800m	U16 Boys		Long Jump	U16 Boys
1.30	200m	U14 Girls			
	200m	U14 Boys			
	300m	U16 Girls			
	300m	U16 Boys	2.00	Javelin	U14 Girls
	300m	U18 Women		Shot Putt	U16 Boys
	400m	Women		High Jump	S Women
	400m	U18 Men		Long Jump	U12 Girls
	400m	Men			
3.00	4 x 100m	U12 Girls	3.00	Javelin	U18 Women
	4 x 100m	U12 Boys		High Jump	U14 Girls
	4 x 200m	U14 Girls	**	Long Jump	U12 Boys
	4 x 200m	U14 Boys			
	4 x 200m	U16 Girls	3.30**	<i>As soon as U12 Boys finish their Long Jump</i>	
	4 x 200m	U16 Boys			
	4 x 200m	U18 Women		<i>Triple Jump (non Scoring) U16+</i>	
	4 x 200m	U18 Men		<u>Min 7m board</u>	
	4 x 200m	Women			
	4 x 200m	Men			

**Match 2**

**Inverness & Aberdeen - 10 May 2026**

<u>TRACK</u>			<u>FIELD</u>		
11.00	400mH	U18 Women	11.00	Hammer	U18 & S Men
	400mH	Women		Shot Putt	U18 Women
	400mH	U18 Men		*** Long Jump	U14 Girls
	400mH	Men		*** Long Jump	U14 Boys
				<b>*** 2 Long Jump Pits required</b>	
11.30	100m	U12 Girls			
	100m	U12 Boys			
	100m	U14 Girls			
	100m	U14 Boys			
	100m	U16 Girls			
	100m	U16 Boys			
12.00	800m	U12 Girls	12.00	Shot Putt	U14 Girls
	800m	U12 Boys		Discus	U16 Boys
	800m	U14 Girls		High Jump	U16 Girls
	800m	U14 Boys		Long Jump	U12 Boys
	800m	U16 Girls			
	800m	U16 Boys			
	800m	U18 Women	1.00	Discus	U14 Boys
	800m	Women		Shot putt	U12 Girls
	800m	U18 Men		Long Jump	U18 W & SW
	800m	Men		High Jump	U16 Boys
1.30	200m	U14 Girls			
	200m	U14 Boys			
	200m	U16 girls			
	200m	U16 Boys	2.00	Shot Putt	U16 Girls
	200m	U18 Women		Long Jump	U18 & S Men
	200m	U18 Men		Discus	S Women
	200m	Women		<b>Pole Vault</b>	<b>U16+</b>
	200m	Men		<b>(Non Scoring) Inside</b>	
3.00	4 x 100m	U12 Girls	3.00	Long Jump	U12 Girls
	4 x 100m	U12 Boys		Javelin	U12 Boys
	4 x 100m	U14 Girls			
	4 x 100m	U14 Boys			
	4 x 100m	U16 Girls			
	4 x 100m	U16 Boys			
	4 x 100m	U18 Women			
	4 x 100m	U18 Men			
	4 x 100m	Women			
	4 x 100m	Men			

**Match 3**  
**Inverness & Dundee - 12 July 2026**

<u>TRACK</u>			<u>FIELD</u>		
11.00	110mH	Men	11.00	Hammer	U18 W & SW
	110mH	U18 Men		Shot Putt	U14 Boys
	100mH	Women		High Jump	U12 Boys
	100mH	U16 Boys		Long Jump	U12 Girls
	100mH	U18 Women			
	80mH	U16 Girls			
	80mH	U14 Boys			
	75mH	U14 Girls			
12.00	3000m	U18 W & SW	12.00	Javelin	U14 Girls
	3000m	U18 M & SM		Shot Putt	U16 Girls
	1500m	U16 Girls		High Jump	S Women
	1500m	U16 Boys		Long Jump	S Men
	1200m	U14 Boys			
	1200m	U14 Girls			
	800m	U12 Girls	1.00	Discus	U18 Men
	800m	U12 Boys		Shot Putt	U12 Boys
				High Jump	U18 Women
1.45	200m	Women		Long Jump	U16 Boys
	200m	Men			
	200m	U18 Women			
	200m	U18 Men			
	200m	U16 Girls	2.00	Discus	S Men
	200m	U16 Boys		Shot Putt	U12 Girls
	200m	U14 Girls		High Jump	U14 Boys
	200m	U14 Boys		Long Jump	U14 Girls
	200m	U12 Girls			
	200m	U12 Boys			
3.00	4 x 100m	U16 Girls	3.00	Discus	U16 Boys
	4 x 100m	U16 Boys		High Jump	U16 Girls
	4 x 100m	U14 Girls		Long Jump	U18 Men
	4 x 100m	U14 Boys			
	4 x 100m	U12 Girls			
	4 x 100m	U12 Boys			
	4 x 300m	U18 Women			
	4 x 400m	U18 Men			
	4 x 400m	Women			
	4 x 400m	Men			

Final  
**Aberdeen - 6 September 2026**

<u>TRACK</u>			<u>FIELD</u>		
11.00	100m	U12 Girls	11.00	Discus	U18 Women
	100m	U12 Boys		Shot Putt	S Women
	100m	U14 Girls		*** Long Jump	S Men
	100m	U14 Boys		*** Long Jump	U18 Men
	100m	U16 girls		<b>*** 2 Long Jump Pits required</b>	
	100m	U16 Boys			
	100m	U18 Women			
	100m	U18 Men			
	100m	Women			
	100m	Men			
12.00	800m	U12 Girls	12.00	Javelin	U14 Girls
	800m	U12 Boys		Shot Putt	U14 Boys
	1200m	U14 Girls		High Jump	U16 Boys
	1200m	U14 Boys		Long Jump	S Women
	1500m	U16 Girls			
	1500m	U16 boys			
	1500m	U18 Women	1.00	Discus	U18 Men
	1500m	U18 Men		Shot Putt	U12 Boys
	1500m	Women		High Jump	U16 Girls
	1500m	Men		Long Jump	U12 Girls
1.30	200m	U14 Girls			
	200m	U14 Boys			
	200m	U16 Girls			
	300m	U16 boys	2.00	Javelin	S Men
	300m	U18 Women		Shot Putt	U12 Girls
	400m	U18 Men		High Jump	U18 Women
	400m	Women		Long Jump	U12 Boys
	400m	Men			
3.00	4 x 100m	U12 Boys	3.00	Javelin	U16 Girls
	4 x 100m	U12 Girls		Shot Putt	U16 Boys
	4 x 200m	Men		High Jump	U14 Boys
	4 x 200m	U18 Men		Long Jump	U14 Girls
	4 x 200m	Women			
	4 x 200m	U18 Women			
	4 x 200m	U16 Boys			
	4 x 200m	U16 Girls			
	4 x 200m	U14 Boys			
	4 x 200m	U14 Girls			

*Presentation of trophies will  
take place as soon as  
possible after the final event*