

Ogre Municipal Sports Centre Open Athletics Competition for U18 and younger, U20/U23 groups - 29.05.2026

DRAFT COMPETITION PROGRAMME

Time	U18 Girls	U18 Boys	U20/U23 Women	U20/U23 Men
12:00				110m Hurdles (U20)
12:00				
12:00			Long Jump	
12:00		Javelin Throw		Javelin Throw
12:00		Shot Put		Shot Put (U20)
12:10		110m Hurdles		
12:25			100m Hurdles	
12:35	100m Hurdles			
12:50				100m
13:00		100m		
13:00		High Jump		High Jump
13:00				
13:10			Shot Put	
13:10		Long Jump		
13:25			100m	
13:35	100m			
14:00			Javelin Throw	
14:00	Shot Put			
14:00				
14:05				3000m
14:20		3000m		
14:30				Long Jump
14:35			3000m	
14:50			High Jump	
14:50	3000m			
15:00				
15:05				200m
15:20	Javelin Throw			

Time	U18 Girls	U18 Boys	U20/U23 Women	U20/U23 Men
15:20	Discus Throw		Discus Throw	
15:25		200m		
15:30	Long Jump			
15:45			200m	
16:00				
16:05	200m			
16:10	High Jump			
16:40		2000m Steeplechase		
16:50	2000m Steeplechase			
17:10		Discus Throw		Discus Throw
17:10		400m		
17:25	400m			
17:40				800m
17:50			800m	
18:00		800m		
18:10	800m			
18:30	400m Hurdles			
18:40		400m Hurdles		

*Athletes in track events must report to the starter 5 minutes before the start.

*Athletes in field events must report at the event site 20 minutes before the start.

*Personal implements for throwing events must be submitted at the event site 20 minutes before the start.

*High jump bar progression:

U18 Boys and U20 Men:

U18 Girls:

U20 Women:

*Catering will be available at the stadium throughout the day.