

FLAC Centre Championships 2026

CURRENT TIMETABLE - v1

*Please marshal at the flag listed 5 minutes prior to your event's start time

*Check your emails for what to do if you have an event clash

Age Group	Event #	Event	Event Time	Marshalling Flag
6B	5	300m Unlaned	8:40 am	GREEN flag
	46	70m	10:15 am	GREEN flag
	51	200m	9:45 am	PINK flag
	89	100m	11:39 am	GREEN flag
	113	60m Hurdles	12:00 pm	ORANGE flag
	137	50m	12:39 pm	GREEN flag
	209	Long Jump	10:00 am	GREEN flag
	246	Discus	11:30 am	PINK flag
	278	Vortex	12:00 pm	BLUE flag (SP area)
	287	Shot Put	10:45 am	GREEN flag
6G	6	300m Unlaned	8:40 am	GREEN flag
	47	70m	10:20 am	GREEN flag
	52	200m	9:50 am	PINK flag
	90	100m	11:42 am	GREEN flag
	114	60m Hurdles	12:03 pm	ORANGE flag
	138	50m	12:42 pm	GREEN flag
	203	Long Jump	10:00 am	PINK flag
	247	Discus	11:30 am	PINK flag
	279	Vortex	12:00 pm	BLUE flag (SP area)
	288	Shot Put	10:45 am	GREEN flag
7B	3	400m Unlaned	8:35 am	BLUE flag
	44	70m	10:05 am	GREEN flag
	49	200m	9:35 am	PINK flag
	91	100m	11:45 am	GREEN flag
	115	60m Hurdles	12:06 pm	ORANGE flag
	139	50m	12:45 pm	GREEN flag
	211	Long Jump	11:30 am	GREEN flag
	248	Discus	12:00 pm	PINK flag
	280	Vortex	12:30 pm	BLUE flag (SP area)
	284	Shot Put	9:15 am	GREEN flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
7G	4	400m Unlaned	8:35 am	BLUE flag
	45	70m	10:10 am	GREEN flag
	50	200m	9:40 am	PINK flag
	92	100m	11:48 am	GREEN flag
	116	60m Hurdles	12:09 pm	ORANGE flag
	140	50m	12:48 pm	GREEN flag
	210	Long Jump	10:45 am	GREEN flag
	249	Discus	12:00 pm	PINK flag
	281	Vortex	12:30 pm	BLUE flag (SP area)
	285	Shot Put	9:15 am	GREEN flag
8B	1	400m Unlaned	8:30 am	BLUE flag
	35	70m	9:20 am	GREEN flag
	54	200m	10:00 am	PINK flag
	73	700m	11:03 am	GREEN flag
	93	100m	11:51 am	GREEN flag
	117	60m Hurdles	12:12 pm	ORANGE flag
	141	50m	12:51 pm	GREEN flag
	205	Long Jump	11:30 am	PINK flag
	244	Discus	10:00 am	PINK flag
	282	Shot Put	8:30 am	GREEN flag
	291	Vortex	12:00 pm	GREEN flag (SP area)
	307	High Jump	9:15 am	PINK flag
8G	2	400m Unlaned	8:30 am	BLUE flag
	36	70m	9:25 am	GREEN flag
	55	200m	10:00 am	PINK flag
	74	700m	11:03 am	GREEN flag
	94	100m	11:54 am	GREEN flag
	118	60m Hurdles	12:15 pm	ORANGE flag
	142	50m	12:54 pm	GREEN flag
	204	Long Jump	10:45 am	PINK flag
	254	Discus	10:00 am	GREEN flag
	283	Shot Put	8:30 am	GREEN flag
	292	Vortex	12:30 pm	GREEN flag (SP area)
	310	High Jump	11:30 am	PINK flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
9B	17	800m	8:50 am	BLUE flag
	37	70m	9:30 am	GREEN flag
	71	200m	10:55 am	PINK flag
	95	100m	11:57 am	GREEN flag
	119	60m Hurdles	12:18 pm	ORANGE flag
	143	400m	1:00 pm	BLUE flag
	208	Long Jump	9:15 am	GREEN flag
	239	Discus	8:30 am	PINK flag
	289	Shot Put	11:30 am	GREEN flag
	308	High Jump	10:00 am	PINK flag
	329	Turbo Javelin	12:30 pm	GREEN flag
9C	18	800m	8:50 am	BLUE flag
	41	70m	9:50 am	GREEN flag
	72	200m	11:00 am	PINK flag
	96	100m	12:00 pm	GREEN flag
	120	60m Hurdles	12:21 pm	ORANGE flag
	144	400m	1:00 pm	BLUE flag
	202	Long Jump	9:15 am	PINK flag
	240	Discus	8:30 am	PINK flag
	290	Shot Put	11:30 am	GREEN flag
	309	High Jump	10:45 am	PINK flag
	330	Turbo Javelin	12:30 pm	GREEN flag
10B	19	800m	8:55 am	BLUE flag
	48	70m	10:25 am	GREEN flag
	53	200m	9:55 am	PINK flag
	97	100m	12:03 pm	GREEN flag
	121	60m Hurdles	12:24 pm	ORANGE flag
	145	400m	1:03 pm	BLUE flag
	201	Long Jump	8:30 am	PINK flag
	256	Discus	11:30 am	GREEN flag
	275	Shot Put	10:45 am	BLUE flag
	311	High Jump	12:00 pm	PINK flag
	315	Turbo Javelin	9:15 am	GREEN flag

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10G	20	800m	8:55 am	BLUE flag
	38	70m	9:35 am	GREEN flag
	56	200m	10:05 am	PINK flag
	98	100m	12:06 pm	GREEN flag
	122	60m Hurdles	12:27 pm	ORANGE flag
	146	400m	1:06 pm	BLUE flag
	207	Long Jump	8:30 am	GREEN flag
	257	Discus	11:30 am	GREEN flag
	286	Shot Put	10:00 am	GREEN flag
	312	High Jump	12:00 pm	PINK flag
	316	Turbo Javelin	9:15 am	GREEN flag
11B	21	800m	9:00 am	BLUE flag
	40	70m	9:45 am	GREEN flag
	57	200m	10:10 am	PINK flag
	75	1500m	11:09 am	GREEN flag
	99	100m	12:09 pm	GREEN flag
	123	80m Hurdles	12:33 pm	ORANGE flag
	147	400m	1:09 pm	BLUE flag
	206	Long Jump	12:00 pm	PINK flag
	213	Triple Jump	8:30 am	ORANGE flag
	245	Discus	10:45 am	PINK flag
	269	Shot Put	9:15 am	BLUE flag
	305	High Jump	11:30 am	ORANGE flag
	317	Javelin	10:00 am	GREEN flag
11G	22	800m	9:00 am	BLUE flag
	39	70m	9:40 am	GREEN flag
	58	200m	10:15 am	PINK flag
	76	1500m	11:09 am	GREEN flag
	100	100m	12:12 pm	GREEN flag
	124	80m Hurdles	12:36 pm	ORANGE flag
	148	400m	1:12 pm	BLUE flag
	212	Long Jump	12:00 pm	GREEN flag
	222	Triple Jump	8:30 am	BLUE flag
	255	Discus	10:45 am	GREEN flag
	270	Shot Put	9:15 am	BLUE flag
	306	High Jump	11:30 am	ORANGE flag
	318	Javelin	10:00 am	GREEN flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
12B	23	800m	9:05 am	BLUE flag
	42	70m	9:55 am	GREEN flag
	59	200m	10:20 am	PINK flag
	77	1500m	11:18 am	GREEN flag
	101	100m	12:15 pm	GREEN flag
	125	80m Hurdles	12:39 pm	ORANGE flag
	149	400m	1:15 pm	BLUE flag
	216	Long Jump	10:00 am	ORANGE flag
	220	Triple Jump	12:00 pm	ORANGE flag
	252	Discus	9:15 am	GREEN flag
	276	Shot Put	11:30 am	BLUE flag
	303	High Jump	10:45 am	ORANGE flag
	313	Javelin	8:30 am	GREEN flag
	12G	24	800m	9:05 am
43		70m	10:00 am	GREEN flag
60		200m	10:25 am	PINK flag
78		1500m	11:18 am	GREEN flag
102		100m	12:18 pm	GREEN flag
126		80m Hurdles	12:39 pm	ORANGE flag
150		400m	1:18 pm	BLUE flag
226		Long Jump	10:00 am	BLUE flag
234		Triple Jump	12:00 pm	BLUE flag
253		Discus	9:15 am	GREEN flag
277		Shot Put	11:30 am	BLUE flag
304		High Jump	10:45 am	ORANGE flag
314		Javelin	8:30 am	GREEN flag
13B	15	200m Hurdles	8:40 am	PINK flag
	25	800m	9:10 am	BLUE flag
	61	200m	10:30 am	PINK flag
	79	1500m	11:27 am	GREEN flag
	103	100m	12:21 pm	GREEN flag
	127	80m Hurdles	12:42 pm	ORANGE flag
	151	400m	1:21 pm	BLUE flag
	219	Triple Jump	11:30 am	ORANGE flag
	221	Long Jump	12:30 pm	ORANGE flag
	258	Discus	12:00 pm	GREEN flag
	271	Shot Put	10:00 am	BLUE flag
	295	High Jump	9:15 am	ORANGE flag
	319	Javelin	10:45 am	GREEN flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
13G	16	200m Hurdles	8:40 am	PINK flag
	26	800m	9:10 am	BLUE flag
	62	200m	10:35 am	PINK flag
	80	1500m	11:27 am	GREEN flag
	104	100m	12:24 pm	GREEN flag
	128	80m Hurdles	12:45 pm	ORANGE flag
	152	400m	1:21 pm	BLUE flag
	214	Triple Jump	9:15 am	ORANGE flag
	217	Long Jump	10:45 am	ORANGE flag
	250	Discus	12:30 pm	PINK flag
	272	Shot Put	10:00 am	BLUE flag
	293	High Jump	8:30 am	ORANGE flag
	321	Javelin	11:30 am	GREEN flag
14B	13	200m Hurdles	8:35 am	PINK flag
	27	800m	9:15 am	BLUE flag
	63	200m	10:40 am	PINK flag
	81	1500m	11:33 am	GREEN flag
	105	100m	12:27 pm	GREEN flag
	130	90m Hurdles	12:48 pm	ORANGE flag
	153	400m	1:24 pm	BLUE flag
	230	Triple Jump	11:30 am	BLUE flag
	235	Long Jump	12:30 pm	BLUE flag
	259	Discus	12:00 pm	GREEN flag
	273	Shot Put	10:00 am	BLUE flag
	296	High Jump	9:15 am	ORANGE flag
	320	Javelin	10:45 am	GREEN flag
14G	14	200m Hurdles	8:35 am	PINK flag
	28	800m	9:15 am	BLUE flag
	64	200m	10:40 am	PINK flag
	82	1500m	11:33 am	GREEN flag
	109	100m	12:33 pm	GREEN flag
	129	80m Hurdles	12:45 pm	ORANGE flag
	157	400m	1:27 pm	BLUE flag
	215	Triple Jump	9:15 am	ORANGE flag
	218	Long Jump	10:45 am	ORANGE flag
	251	Discus	12:30 pm	PINK flag
	274	Shot Put	10:00 am	BLUE flag
	294	High Jump	8:30 am	ORANGE flag
	322	Javelin	11:30 am	GREEN flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
15B	7	300m Hurdles	8:30 am	GREEN flag
	29	800m	9:15 am	BLUE flag
	65	200m	10:45 am	PINK flag
	83	1500m	11:33 am	GREEN flag
	106	100m	12:27 pm	GREEN flag
	133	100m Hurdles	12:51 pm	ORANGE flag
	154	400m	1:24 pm	BLUE flag
	231	Triple Jump	11:30 am	BLUE flag
	236	Long Jump	12:30 pm	BLUE flag
	241	Discus	9:15 am	PINK flag
	263	Shot Put	8:30 am	BLUE flag
	297	High Jump	10:00 am	ORANGE flag
	323	Javelin	12:00 pm	GREEN flag
15G	8	300m Hurdles	8:30 am	GREEN flag
	30	800m	9:15 am	BLUE flag
	68	200m	10:50 am	PINK flag
	84	1500m	11:33 am	GREEN flag
	110	100m	12:33 pm	GREEN flag
	131	90m Hurdles	12:48 pm	ORANGE flag
	158	400m	1:27 pm	BLUE flag
	223	Triple Jump	9:15 am	BLUE flag
	227	Long Jump	10:45 am	BLUE flag
	260	Discus	12:30 pm	GREEN flag
	264	Shot Put	8:30 am	BLUE flag
	298	High Jump	10:00 am	ORANGE flag
324	Javelin	12:00 pm	GREEN flag	
16B	9	300m Hurdles	8:30 am	GREEN flag
	31	800m	9:15 am	BLUE flag
	66	200m	10:45 am	PINK flag
	85	1500m	11:33 am	GREEN flag
	107	100m	12:30 pm	GREEN flag
	134	100m Hurdles	12:51 pm	ORANGE flag
	155	400m	1:24 pm	BLUE flag
	232	Triple Jump	11:30 am	BLUE flag
	237	Long Jump	12:30 pm	BLUE flag
	242	Discus	9:15 am	PINK flag
	265	Shot Put	8:30 am	BLUE flag
	299	High Jump	10:00 am	ORANGE flag
	325	Javelin	12:00 pm	GREEN flag

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Age Group	Event #	Event	Event Time	Marshalling Flag
16G	10	300m Hurdles	8:30 am	GREEN flag
	32	800m	9:15 am	BLUE flag
	69	200m	10:50 am	PINK flag
	86	1500m	11:33 am	GREEN flag
	111	100m	12:33 pm	GREEN flag
	132	90m Hurdles	12:48 pm	ORANGE flag
	159	400m	1:27 pm	BLUE flag
	224	Triple Jump	9:15 am	BLUE flag
	228	Long Jump	10:45 am	BLUE flag
	261	Discus	12:30 pm	GREEN flag
	266	Shot Put	8:30 am	BLUE flag
	300	High Jump	10:00 am	ORANGE flag
	326	Javelin	12:00 pm	GREEN flag
17B	11	300m Hurdles	8:30 am	GREEN flag
	33	800m	9:15 am	BLUE flag
	67	200m	10:45 am	PINK flag
	87	1500m	11:33 am	GREEN flag
	108	100m	12:30 pm	GREEN flag
	136	110m Hurdles	12:54 pm	ORANGE flag
	156	400m	1:24 pm	BLUE flag
	233	Triple Jump	11:30 am	BLUE flag
	238	Long Jump	12:30 pm	BLUE flag
	243	Discus	9:15 am	PINK flag
	267	Shot Put	8:30 am	BLUE flag
	301	High Jump	10:00 am	ORANGE flag
327	Javelin	12:00 pm	GREEN flag	
17G	12	300m Hurdles	8:30 am	GREEN flag
	34	800m	9:15 am	BLUE flag
	70	200m	10:50 am	PINK flag
	88	1500m	11:33 am	GREEN flag
	112	100m	12:33 pm	GREEN flag
	135	100m Hurdles	12:51 pm	ORANGE flag
	160	400m	1:27 pm	BLUE flag
	225	Triple Jump	9:15 am	BLUE flag
	229	Long Jump	10:45 am	BLUE flag
	262	Discus	12:30 pm	GREEN flag
	268	Shot Put	8:30 am	BLUE flag
	302	High Jump	10:00 am	ORANGE flag
	328	Javelin	12:00 pm	GREEN flag