

Gala Harriers Athletic Club Championships & Senior 800m Champs 4th Oct 2026 Timetable

Time	Event
11:30	Registration
12:00-12:30	100m races (all age groups)
12:30-1:00	Field Rotation 1
1:00-1:30	Field Rotation 2
1:30-2:00	Field Rotation 3
2:00-2:20	800m races
2:20-2:50	Field Rotation 4
2:50 onwards	Catch-up events,

For the field events Athlete are split into four groups Red, Blue, Green and Purple. There will be a chaperone for each group ensuring they move onto the next event in a timely manner.

Field Event Rotation

With 4 groups and 4 field events:

Rnd	Red	Blue	Green	Purple
1	High Jump	Long Jump Pit 1	Javelin	Shot Put
2	Shot Put	High Jump	Long Jump Pit 2	Javelin
3	Javelin	Shot Put	High Jump	Long Jump Pit 1
4	Long Jump Pit 2	Javelin	Shot Put	High Jump