

STARLINGS OPEN GRADED OARC TIMETABLE 26th APRIL 2026			
TIME	TRACK	FIELD	
10:30		javelin pool 1	High Jump pool 1
11:00	5000m		
11:15		shot put pool 1	Long Jump pool 1
12:00	800m heats	High Jump Pool 2	Shot Put Pool 2
12:15	300m & 400m heats		
12:30	100m Heats		
12:45		BREAK	BREAK
13:00	BREAK		
13:15		Long Jump pool 2	High Jump Pool 3
13:45	1500m heats		
14:00	200m heats	Shot Put Pool 3	Long Jump pool 3
14:45		Long Jump pool 4	