

**KENT COUNTY ATHLETIC ASSOCIATION
2026 TRACK and FIELD Championships
Medway Park, Gillingham May 9th & 10th 2026**

SATURDAY PROGRAMME OF EVENTS

TRACK					FIELD						
				Entries					Entries		
T1	10.00	400mH	SW/U20W/U18W	Finals	2/1/3	F1	10.00	LJ	U18M	8	
T2	10.25	300m	U16B	3 Heats	18	F2	10.00	HT	U18W	4	
T3	10.40	1500m	SM/U20M	Finals	9/1	F3	10.00	HT	U16G	7	
T4	10.50	1500m	U18M	Final	16	F4	10.15	HJ	U16B	8	
T5	11.00	100m	U16B	4 Heats	32	F5	10.30	PV	SM	3	
T6	11.20	100m	U18M	3 Heats	18	F6	11.00	SP	U18W	6	
T7	11.35	100m	SM	3 Heats	20	F7	11.30	HT	SM	3	
T8	11.50	80mH	U16G	2 Heats	14	F8	11.30	HT	U20M	0	
T9	12.05	100mH	U16B	2 Heats	10	F9	11.30	LJ	U16B	9	
T10	12.20	110mH	U18M	Final	6	F10	12.00	SP	U16G	11	
T11	12.30	110mH	SM/U20M	Finals	3/1	F11	12.30	DT	U18W	3	
T5	12.40	100m	U16B	2 S/Fs		F19	12.30	SP	SM	3	
T13	12.50	3000mW	All	Finals	2/1/2/4	F13	12.30	HJ	SW	1	
T14	13.15	200m	U16G	3 Heats	17	F14	12.30	HJ	U20W	1	
T15	13.30	200m	U18W	2 Heats	10	F15	12.30	HJ	SM	1	
T16	13.40	200m	U20W	Final	2	F16	12.30	HJ	U18M	9	
T17	13.45	200m	SW	Final	7	F17	13.00	LJ	SW	1	
	13.55	Short Break to celebrate the life of Johnboy 'Guv' Askew and his dedication to athletics					F18	13.00	LJ	U20W	3
						F12	13.15	DT	U16G	9	
T7	14.00	100m	SM	Final		Short Break to celebrate the life of Johnboy 'Guv' Askew and his dedication to athletics					
T19	14.05	100m	U20M	Final	7						
T6	14.10	100m	U18M	Final		F20	14.00	DT	SM	2	
T5	14.15	100m	U16B	Final		F21	14.00	DT	U20M	1	
T9	14.25	100mH	U16B	Final		F22	14.30	TJ	U18M	1	
T8	15.05	80mH	U16G	Final		F23	14.30	TJ	U16B	5	
T24	14.45	800m	U18W	2 Heats	11	F24	15.00	JT	SW	6	
T25	14.55	800m	U16B	2 Heats	16	F25	15.00	JT	U20W	0	
T26	15.05	800m	U16G	2 Heats	14	F26	15.00	PV	U18W	1	
T27	15.15	800m	SW/U20W	Finals	3/3	F27	15.00	PV	U16G	3	
T28	15.20	400m	U18M	2 Heats	12	F28	16.15	TJ	SW	3	
T29	15.30	400m	SM	2 Heats	15	F29	16.15	TJ	U20W	2	
T30	15.40	400m	U20M	Final	3	F30	16.00	JT	U18M	6	
T2	15.55	300m	U16B	Final		F31	16.00	JT	U16B	13	
T32	16.10	5000m	SM/SW/U18W	Finals	16/8/2	F57	16.00	JT	SM	3	
T14	16.50	200m	U16G	Final							
T15	16.55	200m	U18W	Final							
T28	17.05	400m	U18M	Final							
T29	17.10	400m	SM	Final							
T24	17.15	800m	U18W	Final							

The maximum length of spikes that may be used in all track and field events must be 6mm, with the exception of High Jump and Javelin where maximum 9mm spikes may be used for safety in wet weather conditions.

Numbers must be worn back and front in all events except jump events, and are to be retained and used each day.

If you are competing in a TRACK event you MUST report to Registration at least 1 hour before the scheduled start of each track event, and MUST report to the Marksman 15 minutes before the event.

For TRACK events, if insufficient athletes report for the heats the Final will be run at the heat time. Similarly if the number of heats does not warrant a second round the Final will be run at time of the second round.

Club (school) colours MUST be worn, or clothing acceptable under UKA Rule T5.

If, after qualifying for a second round or Final, you have need to withdraw, you MUST inform the referee for that event. You will be allowed to withdraw but will not be allowed to compete again during the course of the 2 days. So if you withdraw on the Saturday you cannot compete on the Sunday.

For the first time in the Kent County Championships the replacement rule will be implemented. If an athlete withdraws (see row above), the next highest ranked athlete from the previous round will be invited to compete in the next round occupying the lane of the withdrawing athlete

Athletes competing in FIELD events MUST report directly to that event 15 minutes before the event is due to start and MUST be alert to any announcements regarding their event

In the throws and horizontal jumps each competitor will be allowed THREE trials. Competitors as qualified under Rule T25 S2 will be allowed THREE further trials and compete in reverse ranking order determined from the first 3 rounds.

Competitors and Coaches should be aware of the rules regarding ASSISTANCE; UKA rule T6

Unsporting or improper behaviour during competition or to officials shall render the athlete liable to disqualification by the Referee from participation in all further events

A World Athletics Licence has been obtained for this meeting so athletes should ensure their footwear is on World Athletics' List of Approved Athletic Shoes for the event they are competing in. Checks will be carried out by the start team.

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SUNDAY PROGRAMME OF EVENTS

TRACK						FIELD						
						Entries						Entries
T38	10.00	400mH	SM	Final	3	F32	10.00	LJ	U16G	14		
T39	10.10	400mH	U18M	Final	5	F33	10.00	HT	SW	6		
T40	10.20	300mH	U16G	Final	6	F34	10.00	HT	U20W	2		
T41	10.25	300mH	U16B	Final	7	F35	11.15	LJ	U18W	6		
T42	10.35	1500m	U16B	2 Heats	25	F36	11.15	HT	U18M	4		
T43	10.55	1500m	U16G	Final	10	F37	11.15	HT	U16B	7		
T44	11.05	1500m	SW/U20W/U18W	Finals	4/2/3	F38	11.30	SP	SW	3		
T45	11.15	300m	U16G	2 Heats	16	F39	11.30	SP	U20W	0		
T46	11.30	100m	U16G	4 Heats	26	F40	12.00	HJ	U18W	3		
T47	11.50	100m	U18W	2 Heats	14	F41	12.00	HJ	U16G	6		
T48	12.00	100m	SW	2 Heats	9	F42	13.00	PV	SW	1		
T49	12.15	100mH	U18W	Final	4	F42A	13.00	PV	U18M	2		
T50	12.25	100mH	SW/U20W	Finals	2/1	F43	13.00	PV	U16B	2		
T51	12.45	800m	SM	2 Heats	11	F44	13.00	LJ	SM	7 1		
T52	12.55	800m	U18M	2 Heats	12	F45	13.00	LJ	U20M	1		
T53	13.05	400m	U20W/U18W	Finals	1/5	F46	13.15	DT	SW	5		
T54	13.10	400m	SW	Final	8	F47	14.00	TJ	U18W	4		
T46	13.20	100m	U16G	2 Semis		F48	14.00	TJ	U16G	4		
		BREAK					F49	14.15	DT	U18M	3	
T56	14.00	1500mS/C	SW/U18W/U16G/U16B	Finals	1/5/3/2	F50	14.15	DT	U16B	9		
T57	14.10	2000mS/C	SM/U20M/U18M	Finals	5/1/1	F51	15.15	TJ	SM	3		
T45	14.30	300m	U16G	Final		F52	15.15	TJ	U20M	1		
T42	14.35	1500m	U16B	Final		F53	15.15	SP	U18M	3		
T60	14.50	200m	U16B	3 Heats	21	F54	15.15	SP	U16B	8		
T61	15.05	200m	U18M	2 Heats	14	F55	15.45	JT	U18W	4		
T62	15.15	200m	SM	2 Heats	13	F56	15.45	JT	U16G	6		
T48	15.30	100m	SW	Final								
T64	15.35	100m	U20W	Final	4							
T47	15.40	100m	U18W	Final								
T46	15.45	100m	U16G	Final								
T25	15.55	800m	U16B	Final								
T26	16.00	800m	U16G	Final								
T69	16.05	800m	U20M	Final	4							
T51	16.10	800m	SM	Final								
T52	16.15	800m	U18M	Final								
T72	16.30	200m	U20M	Final	7							
T60	16.35	200m	U16B	Final								
T61	16.40	200m	U18M	Final								
T62	16.45	200m	SM	Final								

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