

Heart of England League Programme - 2026

U20s are allowed to compete in U18 runs, LJ and HJ but can't be considered for Best Performances

Event No	Time	Event	Age	
Track Events				
2	11.00	1500m	U14 Female	A & B and N/S
3	11.10	1500m	U16 Female	A & B and N/S
4	11.20	1500m (U18/U20)	U18 Female	A & B and N/S
8	11.30	75m hurdles	U14 Female	A & B
9	11.40	800m	U14 Male	A & B and N/S
10	11.50	80m hurdles	U16 Female	A & B
14	12.00	80m hurdles	U14 Male	A & B
15	12.10	800m	U16 Male	A & B and N/S
18	12.20	800m (U18/U20)	U18 Men	A & B
19	12.30	100m hurdles (U18)	U18 Female	A & B
25	12.40	800m	U14 Female	A & B and N/S
20	12.50	100m hurdles	U16 Male	A & B
26	1.00	800m	U16 Female	A & B and N/S
27	1.10	110m hurdles (U18)	U18 Men	A & B
28	1.20	800m (U18/U20)	U18 Female	A & B and N/S
???	1.30	400m (U18/U20)	U18 Female	A & B
31	1.35	400m (U18/U20)	U18 Men	A & B
63	1.40	300m	U16 Female	A & B
64	1.45	300m	U16 Male	A & B
32	1.50	600m	U12 Female	A & B
34	2.00	600m	U12 Male	A & B
77	20 Minute Break assuming time allows			
78				
39	2.20 to 2.50	100m	U14 Female	A & B
41		100m	U16 Female	A & B
42		100m (U18/U20)	U18 Female	A & B
43		100m	U14 Male	A & B
44		100m	U16 Male	A & B
46		100m (U18/U20)	U18 Men	A & B
53	2.55	75m	U12 Male	A & B
50	3.00	75m	U12 Female	A & B
55	3.10 to 3.30	1500m	U14 Male	A & B and N/S
56		1500m	U16 Male	A & B and N/S
62		1500m (U18/U20)	U18 Men	A & B and N/S
???	3.40	150m	U12 Female	A & B
???	3.45	150m	U12 Male	A & B
66	3.55 to 4.30	200m	U14 Female	A & B
68		200m	U16 Female	A & B
70		200m (U18/U20)	U18 Female	A & B
71		200m	U14 Male	A & B
72		200m	U16 Male	A & B
76		200m (U18/U20)	U18 Men	A & B
81	4.40	4 x 100m	U12 Female	1 race
???	4.45	4 x 100m	U12 Male	1 race
82	4.50	4 x 100m	U14 Female	1 race

83	4.55	4 x 100m	U16 Female	1 race
84	5.00	4 x 100m (U18/U20)	U18 Female	1 race
85	5.05	4 x 100m	U14 Male	1 race
86	5.10	4 x 100m	U16 Male	1 race
87	5.15	4 x 100m (U18/U20)	U18 Men	1 race

Event No	Time	Event	Age	Comment
Javelin		Match 1 & 3	Discus	Match 2
Field Events				
1	11.30	High Jump	U14 Male	
5	11.45	Howler	U12 Male	
6	11.45	Howler	U12 Female	
7	12.00	Long Jump	U16 Male	Pit 2
11	12.15	Shot (U18)	U18 Men	
12	12.15	Discus	U16 Female	Match 2
13	12.15	Javelin (U18)	U18 Female	Match 1 & 3
16	12.30	Long Jump	U12 Male	Pit 1
17	12.30	High Jump	U16 Female	
21	1.00	Long Jump	U16 Female	Pit 2
22	1.00	Shot	U16 Male	
23	1.00	Discus (U18)	U18 Men	Match 2
24	1.00	Javelin	U14 Male	Match 1 & 3
29	1.30	High Jump	U14 Female	
30	1.30	Long Jump (U18/20)	U18 Men	Pit1
35	1.50	Shot (U18)	U18 Female	
36	1.50	Discus	U14 Female	Match 2
37	1.50	Javelin	U16 Male	Match 1 & 3
40	2.10	Long Jump	U12 Female	Pit 2
45	2.30	High Jump	U16 Male	
47	2.40	Shot	U14 Male	
48	2.40	Discus (U18)	U18 Female	Match 2
49	2.40	Javelin	U16 Female	Match 1 & 3
52	2.50	Long Jump	U14 Female	Pit 1
57	3.20	High Jump (U18/U20)	U18 Female	
58	3.20	Long Jump	U14 Male	Pit 2
59	3.30	Shot	U14 Female	
60	3.30	Discus	U16 Male	Match 2
61	3.30	Javelin (U18)	U18 Men	Match 1 & 3
67	4.00	Long Jump (U18/20)	U18 Female	Pit1
69	4.10	High Jump (U18/U20)	U18 Men	
73	4.20	Shot	U16 Female	
74	4.20	Discus	U14 Male	Match 2
75	4.20	Javelin	U14 Female	Match 1 & 3
Guests - 1 Non Scoring athlete to run with scoring races				
88	11.00	1500m	U14 Female	NS
89	11.10	1500m	U16 Female	NS
90	11.20	1500m (U18/U20)	U18 Female	NS
91	11.40	800m	U14 Male	NS
92	12.10	800m	U16 Male	NS
93	12.20	800m (U18/U20)	U18 Men	NS
94	12.45	800m	U14 Female	NS
95	12.50	800m	U16 Female	NS

96	1.05	800m (U18/U20)	U18 Female	NS
97	3.00	1500m	U14 Male	NS
98	3.10	1500m	U16 Male	NS
99	3.20	1500m (U18/U20)	U18 Men	NS

	No of Trials	
Long Jump	3	2 Pits
Discus	3	
Javelin	3	
Shot	3	
High Jump		
	Opening Heights	
	Male	Female
U14	1.10m	1.00m
U16	1.20m	1.10m
U18	1.30m	1.20m

Heart of England Events 2026 - based on EA recommendations

U20s are allowed to compete in U18 runs, LJ and HJ but can't be considered for Best Performances

SPRINTS EVENTS				
AGE GROUPS	U12s (was U11)	U14s (was U13)	U16s (was U15)	U18s (was U17)
YEARS OLD	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
SCHOOL YEAR	5 & 6	7 & 8	9 & 10	11 & 12
75m				
100m				
150m				
200m				
300m (M)				
300m (W)				
400m (M)				
400m (W)				

HURDLES							
AGE GROUPS	U12s (was U11)	U14s (was U13)		U16s (was U15)		U18s (was U17)	
YEARS OLD	9-11Yrs	11-13Yrs		13-15Yrs		15-17Yrs	
SCHOOL YEAR	5 & 6	7 & 8		9 & 10		11 & 12	
Sprint Hurdles (M)		80m	76.2cm	100m	84.0cm	110m	91.4cm
Sprint Hurdles (W)		75m	68.5cm	80m	76.2cm	100m	76.2cm

RELAYS				
AGE GROUPS	U12s (was U11)	U14s (was U13)	U16s (was U15)	U18s (was U17)
YEARS OLD	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
SCHOOL YEAR	5 & 6	7 & 8	9 & 10	11 & 12
4 x 100m				

ENDURANCE EVENTS				
AGE GROUPS	U12s (was U11)	U14s (was U13)	U16s (was U15)	U18s (was U17)
YEARS OLD	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
SCHOOL YEAR	5 & 6	7 & 8	9 & 10	11 & 12
600m				
800m				
1500m				

JUMPS				
AGE GROUPS	U12s (was U11)	U14s (was U13)	U16s (was U15)	U18s (was U17)
YEARS OLD	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs
SCHOOL YEAR	5 & 6	7 & 8	9 & 10	11 & 12
Long Jump				
High Jump				

THROWS EVENTS				
AGE GROUPS	U12s (was U11)	U14s (was U13)	U16s (was U15)	U18s (was U17)
YEARS OLD	9-11Yrs	11-13Yrs	13-15Yrs	15-17Yrs

SCHOOL YEAR	5 & 6	7 & 8	9 & 10	11 & 12
Howler				
Shot Put (M)		3.00kg	4.00kg	5.00kg
Discus (M)		1.00kg	1.25kg	1.50kg
Javelin (M)		500grams	600grams	700grams
Shot Put (F)		2.72kg	3.00kg	3.00kg
Discus (F)		0.75kg	1.00kg	1.00kg
Javelin (F)		400grams	500grams	500grams