



ATHLETICS FIJI

P. O. Box 1175
Vodafone Arena
Laulala Bay Road,
Suva Fiji

Phone/Fax: 3306470
Email: athleticsfiji@connect.com.fj
Website: www.athleticsfiji.com

**2026 FIJI NATIONAL ATHLETICS CHAMPIONSHIPS &
FINAL TRIALS OCEANIA CHAMPINSHIPS
HFC BANK STADIUM, SUVA, FIJI**

PROGRAM

Day 1 Friday 3 April 2026

2.00pm	100m Hurdles Heptathlon	Women Open
2.10pm	100m Octathlon	Men Open
2.30pm	Hammer Throw Final	Men/Women Open
3.00pm	High Jump Heptathlon	Women Open
3.20pm	Long Jump Octathlon	Men Open
3.30pm	Shot Put Heptathlon	Women Open
	400m Hurdles Final	Women Open
	400m Hurdles Final	Men Open
3.50pm	Shot Put Octathlon	Men Open
4.00pm	200m Heptathlon	Women Open
4.20pm	400m Octathlon	Men Open
5.00pm	10,000m Final	Men/Women Open

Day 2 Saturday 4 April 2026

9.00am	5,000m Final	Men/Women Open
9.30am	110m Hurdles Octathlon	Men Open
	110m Hurdles Final	Men Open
	Long Jump	Women u14, u16, u18, u20, Open, Masters, Heptathlon
	Discus	Women u16, u18, u20, Open, Masters, Para
9.45am	100m Hurdles Final	Women Open
9:50am	50m Final	Boys/Girls u8, u10, u12
10.00am	100m Finals	Men/Women u14, u16, u18, u20, Open, Masters, Para
	High Jump	Men/Women u14, u16
	Javelin	Women u18, u20, Open, Masters, Para
11.00am	400m Finals	Men/Women u14, u16, u18, u20, Open, Masters
	Long Jump	Men u14, u16, u18, u20, Open, Masters
	High Jump Octathlon	Men Open
12.00pm	800m Finals	Men/ Women u16, u18, u20, Open
	Shot Put	Men u16, u18, u20, Open, Masters, Para
	High Jump	Men, u18, u20, Open, Masters

