

Month	Jan-26	Jan-26	Jan-26	Feb-26	Feb-26	Feb-26	Feb-26	Feb-26	Feb-26	Feb-26	Feb-26	Mar-26	Mar-26	
Day	Wednesday	Friday	Saturday	Sunday	Thursday	Sunday	Wednesday	Sunday	Saturday / Sunday	Saturday / Sunday	Saturday	Saturday	Saturday	
Date	14-Jan-2026	30-Jan-2026	31-Jan-2026	1-Feb-2026	5-Feb-2026	8-Feb-2026	11-Feb-2026	15-Feb-2026	21-Feb-2026	22-Feb-2026	28-Feb-2026	14-Mar-2026	21-Mar-2026	
Committee	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	Seniors	
Event		Sola Power Academy Throws Meet	Sola Power Academy Throws Meet	Capital Classic	Senior Meeting	Senior Meeting	Senior Meeting	Senior Meeting	Senior Meeting	AW Championships	AW Championships	Senior Meeting	Senior Meeting	Senior Meeting
Location	Newtown Park	Randwick Road	Randwick Road	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	Newtown Park	
Time	6:30pm	3:00pm	10:00am	4:00pm	6:30pm	10:00am	6:30pm	3:30pm	2:00pm	10:00am	2:00pm	2:00pm	1:00pm	
60	1							1			1		1	
100				1	1		1			1	1	1		
200	1			1	1		1	1	1				1	
300	1													
400				1	1		1			1	1	1	1	
800				1	1		1			1				
1000								1					1	
1500	1						1		1		1	1		
3000				1			1							
5000m										1				
Mile				1								1		
Sprint Hurdles				1					1		1	1		
Long Hurdles	300M H								1				300M H	
Race Walk	1			1	1		1	1		1	1		1	
Steeple										1	1		1	
Long Jump				1	1				1			1		
Triple Jump				1	1					1	1		1	
High Jump	1			1	1					1	1			
Pole Vault				1	1				1				1	
Discus		1	1	1		1				1	1			
Shot Put			1	1		1		1	1		1		1	
Hammer			1	1		1				1		1	1	
Javelin		1	1	1		1			1			1	1	
Weight Throw										1				
Relay				4*100					4*100	4*100				
Relay				4*400					4*400	4*400				
Legend	1	Event is on the programme for this day												
	1	AW Centre Championship event												