

**38<sup>th</sup> MIOMAC COMPETITION SCHEDULE - 2026****1<sup>st</sup> DAY : 5<sup>th</sup> June 2026 (FRIDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	800	2000m Walk	Women	35 – 44
102	820	Long Jump	Women	65 and above
103	820	Discus (1.0 kg)	Men	70 and above
104	820	2000m Walk	Women	45 – 54
105	840	2000m Walk	Women	55 – 64
106	910	2000m Walk	Women	65 and above
107	920	Long Jump	Women	55 - 64
108	920	Discus (1.5 kg) (1.0 kg)	Men	55 – 69
109	940	800m	Men	35 – 39
110	950	800m	Men	40 – 44
111	1000	800m	Men	45 – 49
112	1020	Long Jump	Women	45 - 54
113	1020	Discus (2.0 kg) (1.5 kg)	Men	40 – 54
114	1020	800m	Men	50 – 54
115	1030	800m	Men	55 – 59
116	1040	800m	Men	60 – 64
117	1050	800m	Men	65 and above
118	1100	Long Jump	Women	35 – 44
119	1110	200m	Women	70 and above
120	1120	Discus (2.0 kg)	Men	35 - 39
121	1120	200m	Women	65 – 69
122	1130	200m	Women	60 – 64
123	1140	200m	Women	55 – 59
124	1150	200m	Women	50 – 54
125	1200	200m	Women	45 – 49
126	1210	200m	Women	40 – 44
127	1220	200m	Women	35 – 39

**AFTERNOON SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
128	1500	200m	Men	35 – 39
129	1510	200m	Men	40 – 44
130	1500	High Jump	Men	35 – 49
131	1500	Discus (1.0 kg)	Women	35 – 49
132	1520	200m	Men	45 – 49
133	1530	200m	Men	50 - 54
134	1540	200m	Men	55 – 59
135	1550	200m	Men	60 – 64
136	1600	200m	Men	65 – 69
137	1600	High Jump	Men	50 – 64
138	1610	200m	Men	70 and above
139	1600	Discus (1.0 kg)	Women	50 – 64
140	1620	800m	Women	35 – 39
141	1620	800m	Women	40 – 44
142	1640	800m	Women	45 – 49
143	1640	800m	Women	50 – 54
144	1640	800m	Women	55 – 59
145	1640	High Jump	Men	65 and above
146	1640	Discus (1.0 kg) (0.75 kg)	Women	65 and above
147	1700	800m	Women	60 – 64
148	1720	800m	Women	65 – 69
149	1740	800m	Women	70 and above

**2<sup>nd</sup> DAY : 6<sup>th</sup> June 2026 (SATURDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	1130	High Jump	Women	60 an above
202	1130	Javelin (600 gm)	Women	35 - 44
203	1130	Long Jump	Men	35 – 44
204	1130	400m	Women	35 - 44
205	1140	400m	Women	45 - 54
206	1150	400m	Women	55 - 64
207	1200	400m	Women	65 and above
208	1210	Javelin (600 gm)(500 gm)	Women	45 - 54
209	1210	High Jump	Women	45 - 49
210	1210	400m	Men	65 and above
211	1220	Long Jump	Men	45 – 54
212	1220	400m	Men	60 – 64
213	1230	400m	Men	55 - 59
214	1230	400m	Men	50 – 54
215	1240	400m	Men	45 – 49
216	1250	400m	Men	40 – 44
217	1300	400m	Men	35 – 39
218	1310	Javelin (500 gm)	Women	55 - 64
219	1310	Long Jump	Men	55 – 64
220	1310	High Jump	Women	35 - 44
221	1310	4 x 100m	Women	Open
222	1320	4 x 100m	Men	Open

**AFTERNOON SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
223	1400	100m	Women	35 – 39
224	1400	Shot Put (4.0 kg)	Women	35 – 44
225	1410	100m	Women	40 – 44
226	1420	100m	Women	45 – 49
227	1430	100m	Women	50 – 54
228	1430	Long Jump	Men	65 and above
229	1430	Javelin (500 gm)(400 gm)	Women	65 and above
230	1440	100m	Women	55 – 59
231	1450	100m	Women	60 – 64
232	1500	Shot Put (4.0 kg)(3.00 kg)	Women	45 – 59
233	1500	100m	Women	65 and above
234	1510	1500m	Men	35 – 39
235	1525	1500m	Men	40 – 44
236	1530	Javelin (800 gm)	Men	35 – 49
237	1540	1500m	Men	45 – 49
238	1555	1500m	Men	50 – 54
239	1600	Shot Put (3.0 kg) (2.0 kg)	Women	60 and above
240	1610	1500m	Men	55 – 59
241	1625	1500m	Men	60 – 64
242	1630	Javelin (700 gm) 600 gm)	Men	50 - 64
243	1640	1500m	Men	65 and above
244	1655	2000m	Women	35 – 44
245	1715	2000m	Women	45 – 54
246	1730	2000m	Women	55 – 64
247	1730	Javelin (600gm) (500 gm)	Men	65 and above
248	1750	2000m	Women	65 and above

**3<sup>rd</sup> DAY : 7<sup>th</sup> June 2026 (SUNDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
301	800	3000m Walk	Men	35 - 49
302	800	Shot Put (7.26 kg)	Men	35 – 49
303	800	Triple Jump	Men	70 and above
304	830	3000m Walk	Men	50 – 59
305	900	3000m Walk	Men	60 – 69
306	900	Shot Put (6.0 kg)	Men	50 – 59
307	900	Triple Jump	Men	60 – 69
308	930	3000m Walk	Men	70 and above
309	945	1500m	Women	65 and above
310	945	1500m	Women	60 – 64
311	1000	1500m	Women	55 – 59
312	1000	Shot Put (5.0 kg) (4.0 kg)	Men	60 – 74
313	1015	1500m	Women	50 – 54
314	1015	Triple Jump	Men	50 – 59
315	1030	1500m	Women	45 – 49
316	1045	1500m	Women	40 – 44
317	1100	1500m	Women	35 – 39
318	1100	Shot Put (4.0 kg) (3.0 kg)	Men	75 and above
319	1100	Triple Jump	Men	35 – 49
320	1115	100m	Men	35 - 39
321	1125	100m	Men	40 - 44
322	1135	100m	Men	45 - 49
323	1145	100m	Men	50 - 54
324	1155	100m	Men	55 - 59
325	1205	100m	Men	60 - 64
326	1215	100m	Men	65 and above
327	1230	Medley Relay (200m, 200m, 400m, 800m)	Open	Open

**AFTERNOON SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
328	1400	Triple Jump	Women	35 - 49
329	1400	80m H (.762)	Women	40 59
330	1415	100m H (.840)	Men	65 - 69
331	1425	100m H (.840)	Men	60 – 64
332	1435	100m H (.840)	Women	35 - 39
333	1450	100m H (.914)	Men	55 - 59
334	1500	Triple Jump	Women	50 - 64
335	1500	100m H (.914)	Men	50 - 54
336	1515	110m H (.991)	Men	45 - 49
337	1525	110m H (.991)	Men	40 - 44
338	1535	110m H (.991)	Men	35 - 39
339	1550	3000m	Men	70 and above
340	1600	Triple Jump	Women	65 and above
341	1620	3000m	Men	55 – 69
342	1645	3000m	Men	45 – 54
343	1705	3000m	Men	35 – 44
344	1725	4 x 400m	Women	Open
345	1735	4 x 400m	Men	Open
		<b>VICTORY CEREMONY &amp; CLOSING</b>		