

# 2026 NL SUMMER GAMES - COMPETITION SCHEDULE

## UPDATED on

2026-08-07 – Special Olympics Standing Long Jump moved to Thursday at 4:15 pm

2026-08-10 - Removed all para events from the schedule because no para-athletes are participating.

2026-08-12 - Medley relay leg order changed from 400-200-200-800 to 800-400-200-200

2026-08-12 - Team practice assignments

## TEAM PRACTICE - THURSDAY, AUGUST 13, 2026

Training 1: 9:30 am - 10:15 am

Eastern, Host, Indigenous, Western

Training 2: 10:15 am - 11:00 am

Avalon, Labrador, St. John's/North

Training 3: 11:00 am - 11:45 am

Central, Mount Pearl/South

TSF = Timed Section Final

## SESSION #1 - THURSDAY, AUGUST 13, 2026

2:00 pm Boys Shot Put Final

2:00 pm Girls 200m Heats

2:20 pm Boys 200m Heats

3:00 pm Girls Long Jump Final

3:30 pm Boys High Jump Final

4:00 pm Girls Shot Put Final

4:00 pm Girls 1500m TSF

4:15 pm Boys 1500m TSF

4:15 pm SO Standing Long Jump - Girls and Boys

5:00 pm Girls / Boys 200m SO TSF (mixed)

5:10 pm Girls 200m Final B

5:15 pm Boys 200m Final B

5:20 pm Girls 200m Final A

5:25 pm Boys 200m Final A

## SESSION #2 - FRIDAY, AUGUST 14, 2026

10:30 am Boys Javelin Throw Final

10:30 am Girls High Jump Final

11:00 am Girls 800m TSF

11:15 am Boys 800m TSF

## SESSION #3 - FRIDAY, AUGUST 14, 2026

2:00 pm Girls Javelin Throw Final

2:00 pm Boys 100m Heats

2:20 pm Girls 100m Heats

3:00 pm Boys Long Jump Final

3:20 pm Girls / Boys 100m SO TSF (mixed)

4:00 pm Boys Discus Throw Final

4:10 pm Girls 100m Final B

4:15 pm Boys 100m Final B

4:25 pm Girls 100m Final A

4:30 pm Boys 100m Final A

4:55 pm Girls 1600m Medley Relay (800-400-200-200)

5:10 pm Boys 1600m Medley Relay (800-400-200-200)

5:30 pm Medal Presentation (Sessions 1, 2 and 3)

## SESSION #4 - SATURDAY, AUGUST 15, 2026

9:30 am Girls 400m TSF

9:45 am Boys 400m TSF

10:00 am Girls Discus Throw Final

10:10 am Girls 3000m Final

10:30 am Boys 3000m Final

10:55 am Girls 4x100m TSF

11:10 am Boys 4x100m TSF

11:20 am Girls 4x100m IR TSF

11:25 am Boys 4x100m IR TSF

11:30 am Medal Presentation (Session 4)

PLAN TO FINISH THE SESSION AT 11:30 (BUS BY NOON)