

**4 Counties Disability Champs / Surrey Main Champs Part 1  
KACPH Open Disability Meeting / KACPH Open Throws**

**18th April 2026**

**Weir Archer Athletics Centre, Kingston**

**Field Timetable**

<b>StartTime</b>	<b>Finish Time</b>	<b>Event</b>	<b>Pool</b>	<b>Area</b>	<b>#</b>
09:00	10:20	Hammer	1	Upper Cage	11
09:10	10:10	Javelin	1	Pole Vault End	7
09:10	10:30	Shot Put	1		11
09:30	10:00	Club Throw		Lower Cage	1
10:05	10:30	Seated Discus		Lower Cage	1
10:30	11:50	Hammer	2	Upper Cage	10
10:35	12:00	Seated Shot		Lower Cage	4
10:50	11:40	Javelin	2	Pole Vault End	9
10:50	12:10	Shot Put	2		11
12:00	12:20	Seated Javlin		Lower Cage	1
12:00	13:30	Hammer	3	Upper Cage	13
12:20	13:30	Shot Put	3		12
12:30	14:00	Discus	2	Lower Cage	14
12:30	13:50	Triple Jump	Women	1500m Start	9
13:30	15:30	Discus	1	Upper Cage	14
14:00	14:20	Long Jump		200m Start	1
14:20	15:20	Javelin	3	Pole Vault End	6
14:20	15:30	Discus	3	Lower Cage	13
14:20	16:00	Triple Jump	Men	1500m Start	11
15:30	16:30	Weight	1	Upper Cage	11
15:30	16:30	Weight	1	Lower Cage	13