

53rd Carifta Games - 04/04/2026 to 06/04/2026**Kirani James Athletics Stadium****Session Report**

Session: 1 Saturday Morning Session

Day 1 - Saturday 04/04/2026 - Starts at 09:00 AM

Event	Round
9:00 AM #8 Girls High Jump U17	Finals
9:02 AM #1 Decathlon: #1 Boys 100 M Dash U20	Finals
9:10 AM #21 Boys Javelin Throw (700g) U17	Finals
9:10 AM #2 Octathlon: #1 Boys 100 M Dash U17	Finals
9:15 AM #16 Girls Shot Put (3kg) U17	Finals
9:23 AM #36 Girls 400 M Dash U17	Prelims
9:40 AM #1 Decathlon: #2 Boys Long Jump U20	Finals
9:40 AM #37 Boys 400 M Dash U17	Prelims
10:04 AM #38 Girls 400 M Dash U20	Prelims
10:28 AM #39 Boys 400 M Dash U20	Prelims
11:02 AM #28 Girls 100 M Dash U17	Prelims
11:10 AM #22 Girls Javelin Throw (600g) U20	Finals
11:15 AM #2 Octathlon: #2 Boys Long Jump U17	Finals
11:20 AM #1 Decathlon: #3 Boys Shot Put (6kg) U20	Finals
11:30 AM #29 Boys 100 M Dash U17	Prelims
11:51 AM #30 Girls 100 M Dash U20	Prelims
12:12 PM #31 Boys 100 M Dash U20	Prelims

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Session: 2 Saturday Afternoon Session

Day 1 - Saturday 04/04/2026 - Starts at 02:30 PM

Event	Round
2:30PM -- OPENING CEREMONY THEN MEDALS	
4:15 PM #36 Girls 400 M Dash U17	Finals
4:15 PM #13 Boys Triple Jump U17	Finals
4:15 PM #27 Boys Discus Throw (1.75kg) U20	Finals
4:23 PM #37 Boys 400 M Dash U17	Finals
4:25 PM #1 Decathlon: #4 Boys High Jump U20	Finals
4:30 PM #38 Girls 400 M Dash U20	Finals
4:37 PM #39 Boys 400 M Dash U20	Finals
4:40 PM #2 Octathlon: #3 Boys Shot Put (6kg) U17	Finals
4:44 PM #44 Girls 1500 M Run U17	Finals
4:54 PM #45 Boys 1500 M Run U17	Finals
5:04 PM #46 Girls 1500 M Run U20	Finals
5:14 PM #47 Boys 1500 M Run U20	Finals
MEDAL CEREMONY	
5:35 PM #66 Girls 100 M Dash Special Olympics	Finals
5:40 PM #65 Girls Pole Vault (0.762m) Open	Finals
5:42 PM #67 Boys 100 M Dash Special Olympics	Finals
5:50 PM #28 Girls 100 M Dash U17	Finals
5:58 PM #29 Boys 100 M Dash U17	Finals
6:00 PM #14 Girls Triple Jump U20	Finals
6:06 PM #30 Girls 100 M Dash U20	Finals
6:14 PM #31 Boys 100 M Dash U20	Finals
MEDAL CEREMONY	
6:39 PM #2 Octathlon: #4 Boys 400 M Dash U17	Finals
6:46 PM #1 Decathlon: #5 Boys 400 M Dash U20	Finals
7:00 PM #60 Mixed 4x400 M Relay Open	Finals

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Session: 3 Sunday Morning Session

Day 2 - Sunday 05/04/2026 - Starts at 09:00 AM

Event	Round
9:00 AM #1 Decathlon: #6 Boys 110 M Hurdles (0.991m) U20	Finals
9:05 AM #18 Girls Shot Put (4kg) U20	Finals
9:10 AM #7 Boys Long Jump U20	Finals
9:20 AM #2 Octathlon: #5 Boys 110 M Hurdles (0.914m) U17	Finals
9:35 AM #1 Decathlon: #7 Boys Discus Throw (1.75kg) U20	Finals
9:37 AM #3 Heptathlon: #1 Girls 100 M Dash (0.838m) Open	Finals
9:55 AM #2 Octathlon: #6 Boys High Jump U17	Finals
10:05 AM #54 Girls 400 M Hurdles (0.76m) U20	Prelims
10:23 AM #55 Boys 400 M Hurdles (0.91m) U20	Prelims
10:46 AM #32 Girls 200 M Dash U17	Prelims
11:00 AM #1 Decathlon: #8 Boys Pole Vault U20	Finals
11:00 AM #24 Girls Discus Throw (1kg) U17	Finals
11:00 AM #3 Heptathlon: #2 Girls High Jump Open	Finals
10:07 AM #33 Boys 200 M Dash U17	Prelims
11:35 AM #34 Girls 200 M Dash U20	Prelims
12:03 PM #35 Boys 200 M Dash U20	Prelims

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Session: 4 Sunday Afternoon Session

Day 2 - Sunday 05/04/2026 - Starts at 04:00 PM

Event	Round
4:00PM -- MEDAL CEREMONY	
4:15 PM #61 Girls 4x100 M Relay U17	Prelims
4:20 PM #3 Heptathlon: #3 Girls Shot Put (4kg) Open	Finals
4:25 PM #2 Octathlon: #7 Boys Javelin Throw (700g) U17	Finals
4:25 PM #9 Boys High Jump U17	Finals
4:30 PM #4 Girls Long Jump U17	Finals
4:35 PM #64 Boys 4x100 M Relay U20	Prelims
4:55 PM #40 Girls 800 M Run U17	Prelims
5:13 PM #41 Boys 800 M Run U17	Prelims
5:30 PM #1 Decathlon: #9 Boys Javelin Throw (800g) U20	Finals
5:36 PM #43 Boys 800 M Run U20	Prelims
MEDAL CEREMONY	
6:00 PM #17 Boys Shot Put (5kg) U17	Finals
6:06 PM #52 Girls 400 M Hurdles (0.76m) U17	Finals
6:14 PM #54 Girls 400 M Hurdles (0.76m) U20	Finals
6:23 PM #53 Boys 400 M Hurdles (0.84m) U17	Finals
6:32 PM #55 Boys 400 M Hurdles (0.91m) U20	Finals
MEDAL CEREMONY	
6:45 PM #23 Boys Javelin Throw (800g) U20	Finals
6:50 PM #6 Girls Long Jump U20	Finals
6:55 PM #56 Girls 3000 M Run Open	Finals
7:10 PM #57 Boys 3000 M Run U17	Finals
7:15 PM #11 Boys High Jump U20	Finals
MEDAL CEREMONY	
7:35 PM #3 Heptathlon: #4 Girls 200 M Dash Open	Finals
7:50 PM #2 Octathlon: #8 Boys 1500 M Run U17	Finals
8:05 PM #1 Decathlon: #10 Boys 1500 M Run U20	Finals
8:15 PM #61 Girls 4x100 M Relay U17	Finals
8:25 PM #62 Boys 4x100 M Relay U17	Finals
8:35 PM #63 Girls 4x100 M Relay U20	Finals
8:45 PM #64 Boys 4x100 M Relay U20	Finals

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Session: 5 Monday Morning Session

Day 3 - Monday 06/04/2026 - Starts at 09:00 AM

Event	Round
9:00 AM #3 Heptathlon: #5 Girls Long Jump Open	Finals
9:05 AM #20 Girls Javelin Throw (500g) U17	Finals
9:10 AM #10 Girls High Jump U20	Finals
9:20 AM #48 Girls 100 M Hurdles (0.762m) U17	Prelims
9:30 AM #49 Girls 100 M Hurdles (0.838m) U20	Prelims
9:40 AM #50 Boys 110 M Hurdles (0.914m) U17	Prelims
9:50 AM #51 Boys 110 M Hurdles (0.991m) U20	Prelims
10:00 AM #5 Boys Long Jump U17	Finals
10:20 AM #69 Boys 4x400 M Relay U17	Prelims
10:40 AM #71 Boys 4x400 M Relay U20	Prelims

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Session: 6 Monday Afternoon Session

Day 3 - Monday 06/04/2026 - Starts at 03:00 PM

	Event	Round
	3:00 PM -- MEDAL CEREMONY	
3:15 PM	#26 Girls Discus Throw (1kg) U20	Finals
4:00 PM	#48 Girls 100 M Hurdles (0.762m) U17	Finals
4:10 PM	#49 Girls 100 M Hurdles (0.838m) U20	Finals
4:10 PM	#59 Boys Pole Vault Open	Finals
4:15 PM	#12 Girls Triple Jump U17	Finals
4:20 PM	#19 Boys Shot Put (6kg) U20	Finals
4:20 PM	#50 Boys 110 M Hurdles (0.914m) U17	Finals
4:25 PM	#3 Heptathlon: #6 Girls Javelin Throw (600g) Open	Finals
4:30 PM	#51 Boys 110 M Hurdles (0.991m) U20	Finals
	MEDAL CEREMONY	
5:00 PM	#40 Girls 800 M Run U17	Finals
5:08 PM	#41 Boys 800 M Run U17	Finals
5:16 PM	#42 Girls 800 M Run U20	Finals
5:24 PM	#43 Boys 800 M Run U20	Finals
	MEDAL CEREMONY	
5:50 PM	#72 Girls 200 M Dash Special Olympics	Finals
5:55 PM	#15 Boys Triple Jump U20	Finals
5:55 PM	#25 Boys Discus Throw (1.5kg) U17	Finals
5:57 PM	#73 Boys 200 M Dash Special Olympics	Finals
6:04 PM	#32 Girls 200 M Dash U17	Finals
6:11 PM	#33 Boys 200 M Dash U17	Finals
6:18 PM	#34 Girls 200 M Dash U20	Finals
6:25 PM	#35 Boys 200 M Dash U20	Finals
	MEDAL CEREMONY	
6:50 PM	#58 Boys 5000 M Run U20	Finals
7:10 PM	#3 Heptathlon: #7 Girls 800 M Run Open	Finals
7:20 PM	#68 Girls 4x400 M Relay U17	Finals
7:30 PM	#69 Boys 4x400 M Relay U17	Finals
7:40 PM	#70 Girls 4x400 M Relay U20	Finals
7:50 PM	#71 Boys 4x400 M Relay U20	Finals