

| | Event | Age Group | County | H/F |
|-------|-------|------------------|--------------|-------|
| 10:00 | 300m | U15 Girls | Bucks | Heats |
| | 300m | U15 Girls | Oxon | Heats |
| | 300m | U15 Boys | Bucks | Final |
| 10:20 | 300m | U15 Boys | Oxon | Heats |
| | 300m | U17 Women | Bucks | Heats |
| | 300m | U17 Women | Oxon | Final |
| 10:45 | 400m | U20 Women | Bucks | Final |
| | 400m | U20 Women | Oxon | Final |
| | 400m | Senior Women | Bucks & Oxon | Final |
| 11:00 | 400m | U17 Men | Bucks | Final |
| | 400m | U17 Men | Oxon | Final |
| | 400m | U20 Men | Bucks & Oxon | Final |
| | 400m | Senior Men | Bucks & Oxon | Final |
| 11:20 | 100m | U13 Girls | Bucks | Heats |
| | 100m | U13 Girls | Oxon | Heats |
| 11:40 | 100m | U13 Boys | Bucks | Heats |
| | 100m | U13 Boys | Oxon | Heats |
| 12:04 | 100m | U15 Girls | Bucks | Heats |
| | 100m | U15 Girls | Oxon | Heats |
| 12:28 | 100m | U15 Boys | Bucks | Heats |
| | 100m | U15 Boys | Oxon | Heats |
| | 100m | U17 Women | Bucks | Final |
| 12:48 | 100m | U17 Women | Oxon | Heats |
| | 100m | U17 Men | Bucks | Heats |
| | 100m | U17 Men | Oxon | Final |
| 13:15 | 300m | U15 Girls | Bucks | Final |
| | 300m | U15 Girls | Oxon | Final |
| | 300m | U15 Boys | Oxon | Final |
| | 300m | U17 Women | Bucks | Final |
| 13:35 | 100m | U13 Girls | Bucks | Final |
| | 100m | U13 Girls | Oxon | Final |
| | 100m | U13 Boys | Bucks | Final |
| | 100m | U13 Boys | Oxon | Final |
| | 100m | U15 Girls | Bucks | Final |
| | 100m | U15 Girls | Oxon | Final |
| | 100m | U15 Boys | Bucks | Final |
| 14:00 | 100m | U15 Boys | Oxon | Final |
| | 100m | U17 Women | Oxon | Final |
| | 100m | U17 Men | Bucks | Final |
| | 100m | U20 Women | Bucks | Final |
| | 100m | U20 Women | Oxon | Final |
| | 100m | U20 & Senior Men | Bucks | Final |
| | 100m | U20 Men | Oxon | Final |
| 14:30 | 100m | Senior Women | Bucks & Oxon | Final |
| | 100m | Senior Men | Oxon | Final |
| 14:45 | 1500m | U13 Girls | Bucks | T/T |
| 15:00 | 1500m | U13 Girls | Oxon | Final |

| | | | | |
|-------|--------------|-----------------------|--------------|-------|
| | 1500m | U13 Boys | Bucks | T/T |
| | 1500m | U13 Boys | Oxon | Final |
| 15:35 | 75m Hurdles | U15 Girls | Bucks | Heats |
| | 75m Hurdles | U15 Girls | Oxon | Heats |
| 15:55 | 1500m | U15 Girls | Bucks | T/T |
| | 1500m | U15 Girls | Oxon | Final |
| 16:20 | 80m Hurdles | U17 Women | Bucks | Final |
| | 80m Hurdles | U17 Women | Oxon | Final |
| | 80m Hurdles | U15 Boys | Bucks & Oxon | Final |
| 16:35 | 1500m | U15 Boys | Bucks | Final |
| | 1500m | U15 Boys | Oxon | Final |
| | 1500m | U17 Women | Bucks | Final |
| | 1500m | U17 & U20 & Sen Women | Oxon | Final |
| | 1500m | U17 Men | Bucks | T/T |
| 17:20 | 100m Hurdles | U20 & Senior | Bucks & Oxon | Final |
| 17:30 | 1500m | U17 & U20 Men | Oxon | Final |
| | 1500m | U20 & Senior Women | Bucks | Final |
| | 1500m | U20 Men | Bucks | Final |
| | 1500m | Senior Men | Bucks & Oxon | Final |
| 17:55 | 110m Hurdles | U20 & Senior Men | | Final |
| 18:00 | 75m Hurdles | U15 Girls | | Final |