

Saturday, June 27th 2026					
Time*	Decathlon Men		Heptathlon Women		Time*
11:00	100 m				11:00
11:20			100 m H		11:20
12:15	Long Jump 1	Gr. A			12:15
12:15	Long Jump 2	Gr. B			12:15
12:35			High Jump 1	Gr. A	12:35
12:35			High Jump 2	Gr. B	12:35
13:40	Shot Put 1	Gr. A			13:40
13:40	Shot Put 2	Gr. B			13:40
14:40	Relay				14:40
15:10	High Jump 1	Gr. A			15:10
15:10	High Jump 2	Gr. B			15:10
15:20			Shot Put 1	Gr. A	15:20
15:20			Shot Put 2	Gr. B	15:20
16:45			200 m		16:45
17:30	400 m				17:30

Sunday, June 28th 2026					
Time*	Decathlon Men		Heptathlon Women		Time*
10:15	110 m H	Gr. B			10:15
10:45	Discus	Gr. B			10:45
11:00	110 m H	Gr. A			11:00
11:50			Long Jump 2	Gr. B	11:50
11:55	Discus	Gr. A			11:55
12:30	Pole Vault 2	Gr. B			12:30
12:45			Long Jump 1	Gr. A	12:30
13:05			Javelin	Gr. B	13:05
13:35	Pole Vault 1	Gr. A			13:35
14:10			Javelin	Gr. A	14:10
15:15	Javelin	Gr. B			15:15
15:25			800 m		15:25
16:20	Javelin	Gr. A			16:15
16:45	Relay				16:00
17:15	1500 m				17:15

**The times correspond to the expected starting times - changes are possible at any time!*