

## SATURDAY 23.05.2026

11u30	400m PRE women (from Heat E, F, G...)
12u40	400m PRE men (from Heat F, G, H...)
14u00	100m PRE women (Heat D, E, F...)
14u40	100m PRE men (from Heat E, F, G...)
15u50	800m PRE women (from Heat E, F, G...)
16u50	800m PRE men (from Heat F, G, H...)
18u20	4x100m Women International Heats
18u30	4x100m Men International Heats
18u40	400m MAIN women A, B, C, D
19u00	400m MAIN men A, B, C, D, E
19u25	100m MAIN women Final A, B, C, D
19u45	100m MAIN men Final A, B, C, D
20u05	800m MAIN women Heat A, B, C, D
20u25	800m MAIN men Heat A, B, C, D, E
20u50	5000m MAIN women Heat A, B
21u30	5000m MAIN men Heat A, B, C
22u20	5000m AFTER men (from Heat D, E...)

### EVENTS SATURDAY

100m  
 400m  
 800m  
 5000m  
 4x100m

## SUNDAY 24.05.2026

11u00	100m Shools
11u45	100mH Women (84cm) Heats
12u20	110mH Men (107cm) Heats
12u40	200m PRE women (from Heat E, F, G...)
13u40	200m PRE men (from Heat E, F, G...)
15u00	4x100m Women International Final
15u10	4x100m Men International Final
15u25	110mH Men (107cm) Final
15u35	100mH Women (84cm) Final
15u50	1500m MAIN women A, B, C
16u10	1500m MAIN men A, B, C, D
16u50	400mH women (76cm) Heats A, B, C, ...
17u30	400mH men (91cm) Heats A, B, C, ...
18u05	200m MAIN women Finale A, B, C, D
18u25	200m MAIN men Finale A, B, C, D
18u45	3000m ST women A, B
19u15	3000m ST men A, B, C
19u55	1500m AFTER women (from Heat D, E, F, G...)
20u35	1500m AFTER men (from Heat F, G, H...)

### EVENTS SUNDAY

200m  
 300m  
 1500m  
 110mH  
 400mH  
 3000mST  
 4x100m