

ECC MONACO 2026
Stade Louis II - MONACO - May 30th 2026

Start Time	Track Events	Field events & Podiums	M/W	Final / Final Heat
10h00		Shot Put	W	Final
11h15		Shot Put	M	Final
12h20		PODIUMS Shot Put W & M		
13h00		OPENING CEREMONY		
13h15		Javelin	M	Final
13h25		Long Jump	W	Final
13h30	400m Hurdles		W	Final B
13h37	400m Hurdles		W	Final A
13h40		High Jump	M	Final
13h45	400m Hurdles		M	Final B
13h52	400m Hurdles		M	Final A
14h00		Pole Vault	W	Final
14h05	100m		W	Final C
14h11	100m		W	Final B
14h17	100m		W	Final A
14h20		PODIUMS 400mH W & M		
14h30	100m		M	Final C
14h36	100m		M	Final B
14h42	100m		M	Final A
14h45		PODIUMS Long Jump W & Javelin M		
14h50		Javelin	W	Final
14h55	100m Hurdles		W	Final B
15h01	100m Hurdles		W	Final A
15h05		PODIUMS High Jump M		
15h15	110m Hurdles		M	Final B
15h21	110m Hurdles		M	Final A
15h35	800m		W	Final
15h45	800m		M	Final
15h55		PODIUMS 100m W & M & Pole Vault W & 100m H W & 110mH M		
16h00		High Jump	W	Final
16h15	200m		W	Final C
16h21	200m		W	Final B
16h27	200m		W	Final A
16h30		Long Jump	M	Final
16h35	200m		M	Final C
16h41	200m		M	Final B
16h47	200m		M	Final A
16h50		PODIUMS 800m W & M & Javelin W & High Jump W		
17h00		Pole Vault	M	Final
17h10	400m		W	Final B
17h16	400m		W	Final A
17h25	400m		M	Final C
17h31	400m		M	Final B
17h37	400m		M	Final A
17h41		PODIUMS 200m W & M		
17h50	1500m		W	Final
18h00	1500m		M	Final
18h05		PODIUMS Long Jump M & Pole Vault M & 400m W & M		
18h20	5000m		W	Final
18h40	5000m		M	Final
19h00		PODIUMS 1500m W & M		
19h20	Swedish Relay (100-200-300-400)		W	Final B
19h30	Swedish Relay (100-200-300-400)		W	Final A
19h34		PODIUMS 5000m W & M		
19h40	Swedish Relay (100-200-300-400)		M	Final B
19h50	Swedish Relay (100-200-300-400)		M	Final A
19h55		PODIUMS Relays W & M		