

**Horaire Samedi 30 May 2026 / Timetable Saturday 30 May 2026**

Epreuves / Events	Départ Terrain échauffement / Warm Up Departure	Chambre d'appel / Call room	Entrée piste athlètes / Athletes Track entrance	Warm up on Track until current event finishes	Arrival at Start of Race	N° of Athletes	Horaire / Time table	Fin d'épreuve / End of Event	Epreuves / Events
Poids / Shot Put - F / W		09 h 15	09 h 20			6	10 h 00	10 h 35	Poids / Shot Put - F / W
Poids / Shot Put - H / M		10 h 10	10 h 15			12	11 h 15	12 h 30	Poids / Shot Put - H / M
<b>OPENING CEREMONY</b>									
Javelot / Javelin - H / M	12 h 40	12 h 50	12 h 55			4	13 h 15	13 h 50	Javelot / Javelin - H / M
Longueur / Long Jump - F / W	12 h 40	12 h 50	12 h 55			11	13 h 25	13 h 26	Longueur / Long Jump - F / W
400 m Haies / 400 m Hurdles - F / W - FB	13 h 00	13 h 10	13 h 15	Start	13 h 00	10	13 h 30	13 h 32	400 m Haies / 400 m Hurdles - F / W - FB
400 m Haies / 400 m Hurdles - F / W - FA	13 h 05	13 h 15	13 h 20	200m	13 h 22		13 h 37	13 h 39	400 m Haies / 400 m Hurdles - F / W - FA
Hauteur / High Jump - H / M	13 h 05	13 h 15	13 h 20			5	13 h 40	14 h 30	Hauteur / High Jump - H / M
400 m Haies / 400 m Hurdles - H / M - FB	13 h 15	13 h 25	13 h 30	200m	13 h 15	10	13 h 45	13 h 46	400 m Haies / 400 m Hurdles - H / M - FB
400 m Haies / 400 m Hurdles - H / M - FA	13 h 20	13 h 30	13 h 35	200m	13 h 37		13 h 52	13 h 53	400 m Haies / 400 m Hurdles - H / M - FA
Perche / Pole Vault - F / W	13 h 05	13 h 15	13 h 20			3	14 h 00	14 h 50	Perche / Pole Vault - F / W
100 m - F / W - FC	13 h 30	13 h 40	13 h 45	Start	Start	17	14 h 05	14 h 06	100 m - F / W - FC
100 m - F / W - FB	13 h 38	13 h 48	13 h 53	200m	200m		14 h 11	14 h 12	100 m - F / W - FB
100 m - F / W - FA	13 h 42	13 h 52	13 h 57	200m	200m		14 h 17	14 h 18	100 m - F / W - FA
100 m - H / M - FC	13 h 55	14 h 05	14 h 10	Start	Start	23	14 h 30	14 h 31	100 m - H / M - FC
100 m - H / M - FB	14 h 01	14 h 11	14 h 16	200m	200m		14 h 36	14 h 37	100 m - H / M - FB
100 m - H / M - FA	14 h 07	14 h 17	14 h 22	200m	200m		14 h 42	14 h 42	100 m - H / M - FA
Javelot / Javelin - F / W	14 h 15	14 h 25	14 h 30			6	14 h 50	15 h 50	Javelot / Javelin - F / W
100 m H - F / W	14 h 25	14 h 35	14 h 40	Start	Start	8	14 h 55	14 h 56	100 m H - F / W
110 m H - H / M - FB	14 h 45	14 h 55	15 h 00	Start	Start	7	15 h 15	15 h 16	110 m H - H / M - FB
800 m - F / W	15 h 10	15 h 20	15 h 25	Start	Start	12	15 h 35	1538	800 m - F / W
800 m - H / M	15 h 20	15 h 30	15 h 35	300m	300m	10	15 h 45	1548	800 m - H / M
Hauteur / High Jump - F / W	15 h 25	15 h 35	15 h 40			5	16 h 00	16 h 50	Hauteur / High Jump - F / W
200 m - F / W - FC	15 h 50	16 h 00	16 h 05	Start	Start	13	16 h 15	16 h 16	200 m - F / W - FC
200 m - F / W - FB	15 h 56	16 h 06	16 h 11	300m	300m		16 h 21	16 h 22	200 m - F / W - FB
Longueur / Long Jump - H / M	15 h 40	15 h 50	15 h 55			15	16 h 30	18 h 00	Longueur / Long Jump - H / M
200 m - H / M - FC	16 h 05	16 h 15	16 h 20	Start	Start	21	16 h 35	16 h 36	200 m - H / M - FC
200 m - H / M - FB	16 h 11	16 h 21	16 h 26	300m	300m		16 h 41	16 h 42	200 m - H / M - FB
200 m - H / M - FA	16 h 17	16 h 27	16 h 32	300m	300m		16 h 47	16 h 48	200 m - H / M - FA
Perche / Pole Vault - H / M	16 h 05	16 h 15	16 h 20			5	17 h 00	18 h 00	Perche / Pole Vault - H / M
400 m - F / W - FB	16 h 40	16 h 50	16 h 55	Start	Start	15	17 h 10	17 h 11	400 m - F / W - FB
400 m - F / W - FA	16 h 53	16 h 56	17 h 01	300m	300m		17 h 16	17 h 17	400 m - F / W - FA
400 m - H / M - FC	16 h 55	17 h 05	17 h 10	Start	Start	17	17 h 25	17 h 26	400 m - H / M - FC
400 m - H / M - FB	17 h 03	17 h 13	17 h 18	300m	300m		17 h 31	17 h 32	400 m - H / M - FB
400 m - H / M - FA	17 h 07	17 h 17	17 h 22	300m	300m		17 h 37	17 h 38	400 m - H / M - FA
1500 m - F / W	17 h 27	17 h 37	17 h 42	Start	Start	8	17 h 50	17 h 55	1500 m - F / W
1500 m - H / M	17 h 37	17 h 47	17 h 52	curve 300m	curve 300m	7	18 h 00	18 h 05	1500 m - H / M
5000 m - F / W	17 h 57	18 h 07	18 h 12	Start	Start	14	18 h 20	18 h 40	5000 m - F / W
5000 m - H / M	18 h 17	18 h 27	18 h 32	Start	Start	11	18 h 40	18 h 57	5000 m - H / M
Swedish Relay (100-200-300-400) - F / W - FB	18 h 56	19 h 06	19 h 11	Start	Start	11	19 h 20	19 h 24	Swedish Relay (100-200-300-400) - F / W - FB
Swedish Relay (100-200-300-400) - F / W - FA	19 h 06	19 h 16	19 h 21	Start	Start		19 h 30	19 h 34	Swedish Relay (100-200-300-400) - F / W - FA
Swedish Relay (100-200-300-400) - H / M - FB	19 h 16	19 h 26	19 h 31	Start	Start	14	19 h 40	19 h 43	Swedish Relay (100-200-300-400) - H / M - FB
Swedish Relay (100-200-300-400) - H / M - FA	19 h 26	19 h 36	19 h 41	Start	Start		19 h 50	19 h 43	Swedish Relay (100-200-300-400) - H / M - FA