

**WORLD ATHLETICS INDOOR CHAMPIONSHIPS  
KUJAWY POMORZE (POL) 20-22 MARCH 2026**

DAY 1 - Friday, Morning, 20 March				
10:05	60m Hep	M	Heats	
10:20	60m	M	R1	
10:50	Long Jump Hep	M		
11:15	400m	W	R1	
11:30	High Jump	W	F	
11:55	400m	M	R1	
12:35	800m	W	R1	
13:00	Shot Put Hep	M		
13:20	800m	M	R1	

DAY 1 - Friday, Evening, 20 March				
17:35	Opening Ceremony			
18:35	1500m	W	R1	
18:35	High Jump Hep	M		
18:45	Shot Put	W	F	
19:18	1500m	M	R1	
19:35	Triple Jump	M	F	
20:05	400m	W	SF	
20:25	60m	M	SF	
20:50	400m	M	SF	
21:22	60m	M	F	

DAY 2 - Saturday, Morning, 21 March				
10:05	60m H Hep	M	Heats	
10:20	60m H	M	R1	
11:05	60m	W	R1	
11:10	Pole Vault Hep	M		
11:55	4 x 400m Relay	X	F	
12:08	800m	W	SF	
12:15	High Jump	M	F	
12:37	800m	M	SF	

DAY 2 - Saturday, Evening, 21 March				
18:35	Pole Vault	M	F	
18:40	400m	M	F	
18:50	1000m Hep	M	F	
19:05	3000m	W	F	
19:20	Triple Jump	W	F	
19:25	3000m	M	F	
19:50	60m H	M	SF	
20:15	60m	W	SF	
20:44	400m	W	F	
21:05	60m H	M	F	
21:20	60m	W	F	

DAY 3 - Sunday, Morning, 22 March			
10:05	60m H Pen	W	Heats
10:20	Long Jump	W	F
10:25	4 x 400m Relay	M	R1
10:45	High Jump Pen	W	
11:00	4 x 400m Relay	W	R1
11:20	Shot Put	M	F
12:55	60m H	W	R1
13:15	Shot Put Pen	W	

DAY 3 - Sunday, Evening, 22 March			
17:40	Long Jump Pen	W	
18:05	Pole Vault	W	F
19:02	Long Jump	M	F
19:09	1500m	M	F
19:20	60m H	W	SF
19:42	1500m	W	F
19:55	800m	M	F
20:05	800m	W	F
20:15	800m Pen	W	F
20:25	60m H	W	F
20:38	4 x 400m Relay	M	F
20:50	4 x 400m Relay	W	F