

# TIMETABLE

16-19 JULY 2026 RIETI

**DAY 1 - Thursday 16 July**

MORNING SESSION			
09:30	Hammer Throw	W	Q A
09:35	2000m SC	W	R1
09:40	High Jump	M	Q A+B
10:10	100m H Hep	W	
10:35	800m	M	R1
10:45	Hammer Throw	W	Q B
11:15	100m	W	R1
11:30	Shot Put	W	Q A+B
11:50	100m	M	R1
12:05	Hammer Throw	M	Q A
12:15	High Jump Hep	W	A +B
13:20	Hammer Throw	M	Q B

**DAY 2 - Friday 17 July**

MORNING SESSION			
09:30	Javelin Throw	W	Q A
09:35	Long Jump Hep	W	A+B
09:45	2000m SC	M	R1
10:20	800m	W	R1
10:50	Javelin Throw	W	Q B
10:55	Long Jump	W	Q A+B
11:00	400m H	M	R1
11:35	400m H	W	R1
11:40	High Jump	W	Q A+B
12:10	Javelin Throw Hep	W	A
12:15	200m	W	R1
12:45	Long Jump	M	Q A+B
12:50	200m	M	R1
13:30	Javelin Throw Hep	W	B

**DAY 3 - Saturday 18 July**

MORNING SESSION			
09:00	Triple Jump	M	Q A+B
09:05	100m Dec	M	
09:25	Javelin Throw	M	Q A
09:35	5000m Race Walk	M	Final
10:15	2000m SC	W	Final
10:35	Long Jump Dec	M	A+B
10:37	800m	W	SF
10:40	Javelin Throw	M	Q B
11:00	100m H	W	R1
11:18	High Jump	M	Final
11:40	110m H	M	R1
12:00	Long Jump	W	Final
12:10	Shot Put	M	Q A+B
12:15	200m	W	SF
12:35	200m	M	SF
13:25	Shot Put Dec	M	A+B

**DAY 4 - Sunday 19 July**

MORNING SESSION			
09:00	110m H Dec	M	
09:30	5000m Race Walk	W	Final
09:55	Discus Throw Dec	M	A
10:15	2000m SC	M	Final
10:35	3000m	W	Final
10:55	Medley Relay	W	R1
11:05	Discus Throw Dec	M	B
11:20	Medley Relay	M	R1
11:30	Pole Vault Dec	M	A
11:55	100m H	W	SF
12:15	Triple Jump	M	Final
12:20	110m H	M	SF
12:35	Pole Vault Dec	M	B
12:40	Javelin Throw	W	Final

EVENING SESSION			
16:00	Discus Throw	W	Q A
16:05	Shot Put Hep	W	A + B
17:10	Discus Throw	W	Q B
17:20	400m	M	R1
17:47	Pole Vault	M	Q A+B
17:55	400m	W	R1
18:20	Discus Throw	M	Q A
18:30	200m Hep	W	
19:05	1500m	W	R1
19:30	Discus Throw	M	Q B
19:35	3000m	M	Final
20:15	3000m	M	MC

EVENING SESSION			
16:00	Triple Jump	W	Q A+B
16:05	Pole Vault	W	Q A+B
17:25	Hammer Throw	W	Final
17:40	400m	W	SF
18:00	400m	M	SF
18:20	100m	W	SF
18:40	100m	M	SF
19:00	800m	M	SF
19:10	Shot Put	W	Final
19:17	Hammer Throw	M	Final
19:25	800m Hep	W	Final
19:50	1500m	M	R1
20:20	100m	W	Final
20:35	100m	M	Final
20:45	Hammer Throw	W	MC
20:50	Heptathlon	W	MC
20:55	Shot Put	W	MC
21:00	100m	W	MC
21:05	100m	M	MC

EVENING SESSION			
15:00	Hammer Throw	M	MC
15:05	5000m Race Walk	M	MC
15:10	2000m SC	W	MC
15:15	High Jump	M	MC
15:20	Long Jump	W	MC
15:40	Discus Throw	M	Final
16:25	Pole Vault	M	Final
17:10	High Jump Dec	M	A +B
17:25	Long Jump	M	Final
17:30	400m H	M	SF
17:50	400m H	W	SF
18:20	400m	W	Final
18:35	1500m	W	Final
18:55	400m	M	Final
19:10	200m	W	Final
19:20	Discus Throw	W	Final
19:25	200m	M	Final
19:35	Shot Put	M	Final
19:55	800m	M	Final
20:10	400m Dec	M	
20:45	Discus Throw	M	MC
20:50	400m	W	MC
20:55	1500m	W	MC
21:00	Long Jump	M	MC
21:05	400m	M	MC
21:10	Pole Vault	M	MC
21:15	800m	M	MC

EVENING SESSION			
15:00	Discus Throw	W	MC
15:05	5000m Race Walk	W	MC
15:10	2000m SC	M	MC
15:15	3000m	W	MC
15:20	Triple Jump	M	MC
15:25	Javelin Throw	W	MC
15:55	Javelin Throw Dec	M	A
16:00	High Jump	W	Final
16:30	Pole Vault	W	Final
17:05	Javelin Throw Dec	M	B
17:25	400m H	M	Final
17:45	400m H	W	Final
18:00	1500m	M	Final
18:13	Triple Jump	W	Final
18:15	Javelin Throw	M	Final
18:20	100m H	W	Final
18:32	110m H	M	Final
18:45	800m	W	Final
19:00	Medley Relay	W	Final
19:15	Medley Relay	M	Final
19:35	1500m Dec	M	Final
19:45	Shot Put	M	MC
19:50	400m H	M	MC
19:55	400m H	W	MC
20:00	1500m	M	MC
20:05	100m H	W	MC
20:10	110m H	M	MC
20:15	800m	W	MC
20:20	High Jump	W	MC
20:25	Pole Vault	W	MC
20:30	Javelin Throw	M	MC
20:35	Triple Jump	W	MC
20:40	200m	W	MC
20:45	200m	M	MC
20:50	Decathlon	M	MC
20:55	Medley Relay	W	MC
21:01	Medley Relay	M	MC