

# WORLD ATHLETICS INDOOR CHAMPS KIJAWY POMORZE 2026

## COMPETITION TIMETABLE

### DAY 1 - FRI 20 MARCH - MORNING

10.05	60m HEPT	M	Heats
10.20	60m	M	R1
10.53	Long Jump HEPT	M	
11.08	400m	W	R1
11.39	<b>HIGH JUMP</b>	<b>W</b>	<b>FINAL</b>
12.01	400m	M	R1
12.51	800m	W	R1
12.57	Shot Put HEPT	M	
13.26	800m	M	R1

### DAY 1 - FRI 20 MARCH - EVENING

17.20	<b>Opening Ceremony</b>		
18.10	<b>SHOT PUT</b>	<b>W</b>	<b>FINAL</b>
18.16	High Jump HEPT	M	
18.22	1500m	W	R1
18.54	1500m	M	R1
19.35	<b>TRIPLE JUMP</b>	<b>M</b>	<b>FINAL</b>
19.42	400m	W	SF
20.16	60m	M	SF
20.44	400m	M	SF
21.22	<b>60m</b>	<b>M</b>	<b>FINAL</b>

### DAY 2 - SAT 21 MARCH - MORNING

10.05	60m H HEPT	M	Heats
10.20	60m H	M	R1
11.05	60m	W	R1
11.10	Pole Vault HEPT	M	
12.00	<b>4 x 400m Relay</b>	<b>MIXED</b>	<b>FINAL</b>
12.15	<b>HIGH JUMP</b>	<b>M</b>	<b>FINAL</b>
12.22	800m	W	SF
13.08	800m	M	SF

### DAY 2 - SAT 21 MARCH - EVENING

18.25	<b>POLE VAULT</b>	<b>M</b>	<b>FINAL</b>
18.34	<b>400m</b>	<b>M</b>	<b>FINAL</b>
18.52	<b>1000m HEPT</b>	<b>M</b>	<b>FINAL</b>
19.04	<b>3000m</b>	<b>W</b>	<b>FINAL</b>
19.22	<b>3000m</b>	<b>M</b>	<b>FINAL</b>
19.38	<b>TRIPLE JUMP</b>	<b>W</b>	<b>FINAL</b>
19.48	<b>60m H</b>	<b>M</b>	<b>SF</b>
20.14	<b>60m</b>	<b>W</b>	<b>SF</b>
20.40	<b>400m</b>	<b>W</b>	<b>FINAL</b>
21.02	<b>60m H</b>	<b>M</b>	<b>FINAL</b>
21.20	<b>60m</b>	<b>W</b>	<b>FINAL</b>

### DAY 3 - SUN 22 MARCH - MORNING

10.05	60m H PENT	W	Heats
10.20	<b>LONG JUMP</b>	<b>W</b>	<b>FINAL</b>
10.43	High Jump PENT	W	
10.48	4 x 400m	M	R1
11.30	<b>SHOT PUT</b>	<b>M</b>	<b>FINAL</b>
12.05	4 x 400m	W	R1
12.55	60m H	W	R1
13.21	Shot Put PENT	W	

### DAY 3 - SUN 22 MARCH - EVENING

17.40	Long Jump PENT	W	
17.55	<b>POLE VAULT</b>	<b>W</b>	<b>FINAL</b>
18.38	<b>1500m</b>	<b>M</b>	<b>FINAL</b>
18.52	60m H	W	SF
19.12	<b>LONG JUMP</b>	<b>M</b>	<b>FINAL</b>
19.22	<b>1500m</b>	<b>W</b>	<b>FINAL</b>
19.38	<b>800m</b>	<b>M</b>	<b>FINAL</b>
19.53	<b>800m</b>	<b>W</b>	<b>FINAL</b>
20.03	<b>800m PENT</b>	<b>W</b>	<b>FINAL</b>
20.13	<b>60m H</b>	<b>W</b>	<b>FINAL</b>
20.26	<b>4 x 400m</b>	<b>M</b>	<b>FINAL</b>
20.47	<b>4 x 400m</b>	<b>W</b>	<b>FINAL</b>

