

## 78th BALKAN SENIOR ATHLETICS CHAMPIONSHIPS

Volos, 20 & 21 June 2026

Competition Schedule, 14.06.26

Day 1, 20 June 2026		
Morning Session		
Start Time	Event	Gender
9:30	100m Decathlon (1)	Men
10:00	Long Jump Decathlon (2)	Men
10:45	Shot Put Decathlon (3)	Men
9:45	100m Hurdles Heptathlon (1)	Women
10:20	High Jump Heptathlon (2)	Women
10:15	100m SF	Men
10:35	100m SF	Women

Day 1, 20 June 2026		
Evening Session		
Start Time	Event	Gender
17:15	High Jump Decathlon (4)	Men
18:00	Hammer Throw *	Men
18:25	Shot Put Heptathlon (3)	Women
18:30	400m Hurdles	Men
18:35	Triple Jump	Women
18:50	400m Hurdles	Women
19:05	Discus Throw	Women
19:10	400m	Men
19:35	400m	Women
19:40	High Jump	Men
19:55	Shot Put	Men
20:00	200m Heptathlon (4)	Women
20:10	800m	Women
20:25	Pole Vault	Women
20:30	3.000m	Women
20:35	Long Jump	Men
20:50	400m Decathlon (5)	Men
20:55	Javelin Throw	Women
21:00	100m	Women
21:10	100m	Men
21:20	1500m	Men
21:30	3.000m S.C.	Women
21:50	5000m	Men
22:10	4 X 100m	Women
22:20	4 X 100m	Men
22:40	4 X 400m	Mixed

\*Warm-up Area

Day 2, 21 June 2026		
Morning Session		
Start Time	Event	Gender
9:30	110m Hurdles Decathlon (6)	Men
10:15	Discus Throw Decathlon (7)	Men
11:30	Pole Vault Decathlon (8)	Men
9:35	Long Jump Heptathlon (5)	Women
11:15	Javelin Throw Heptathlon (6)	Women

Day 2, 21 June 2026		
Evening Session		
Start Time	Event	Gender
17:45	Javelin Throw Decathlon (9)	Men
18:00	Hammer Throw *	Women
18:35	110m Hurdles	Men
18:45	Long Jump	Women
18:55	100m Hurdles	Women
19:00	Discus Throw	Men
19:10	800m	Men
19:25	Pole Vault	Men
19:30	800m Heptathlon (7)	Women
19:35	High Jump	Women
19:40	1500m Decathlon (10)	Men
19:50	1500m	Women
19:55	Shot Put	Women
20:00	3.000m	Men
20:15	200m	Men
20:35	200m	Women
20:40	Triple Jump	Men
20:45	Javelin Throw	Men
21:00	3.000m S.C.	Men
21:15	5000m	Women
21:40	4 X 400m	Men
21:50	4 X 400m	Women

\*Warm-up Area