

Timetable

Page 1

Thursday, July 16, 2026, «Allmend Lucerne

Series	<u>Men</u>		<u>Women</u>	Series
	400 m U20	14:05		
		14:13	400 m U20	
Heat 1	110 m Hurdles U20	14:23		
Heat 2	110 m Hurdles U20	14:29		
		14:39	100 m Hurdles U20	Heat 1
		14:45	100 m Hurdles U20	Heat 2
	60 m U12	14:58		
		15:03	60 m U12	
	60 m U14	15:08		
		15:13	60 m U14	
	400 m Hurdles U20	15:23		
		15:35	400 m Hurdles U20	
		15:43	400 m Hurdles	
	80 m U16	15:53		
		15:58	80 m U16	
		16:05	Javelin	B
Final	110 m Hurdles U20	16:10		
		16:20	100 m Hurdles U20	Final
		16:29	1000 m U16/U18	
	Hammer	16:37		
	1000 m U16/U18	16:40		
Heat 1	100 m U20	16:51		
Heat 2	100 m U20	16:57		
		17:03	100 m U20	Heat 1
		17:09	100 m U20	Heat 2
	100 m U18	17:15		
		17:21	100 m U18	
B	Javelin	17:27		
F	100 m	17:30		
E	100 m	17:36		
D	100 m	17:42		
C	100 m	17:48		
		17:54	100 m	F
		18:00	100 m	E
		18:06	100 m	D
		18:12	100 m	C
Final	100 m U20	18:19		
		18:26	100 m U20	Final
	VC: 1000 m U16/U18	18:28	VC: 1000 m U16/U18	I
	4 x 100 m	18:37		
	Shot put	18:43	Shot put	
		18:47	400 m Wheelchair	
		18:54	Javelin	A
		18:59	Pole vault	
	400 m Wheelchair	19:02		
B	200 m	19:11		
		19:18	200 m	B
	200 m U20	19:25		
		19:32	200 m U20	

Events in **bold** are silver events

Featured competition for the U20 World Championships qualification in Eugene, USA

Timetable

Page 2

Thursday, July 16, 2026, «Allmend Lucerne»

Series	<u>Men</u>		<u>Women</u>	Series
	Presentation of athletes	19:36	Presentation of athletes	
		19:50	100 m	B
		19:57	100 m	A
B	100 m	20:04		
A	100 m	20:11		
		20:18	Long jump	
B	110 m Hurdles	20:22		
A	110 m Hurdles	20:29		
A	Speer	20:36		
		20:40	100 m Hurdles	B
		20:47	100 m Hurdles	A
		20:58	200 m	A
A	200 m	21:05		
		21:13	800 m	B
	3000 m	21:22		
	400 m	21:38		
		21:46	800 m	A
		21:55	4 x 100 m	
	VC:	22:00	VC:	
	Fireworks	22:10	Fireworks	

Events in **bold** are silver events

Thursday, 16 July 2026

Track and Field Stadium Allmend Luzern

Athlete Instructions

Schedule

The timetable is available on the website:

www.spitzenleichtathletik.ch

Admission

Free admission to all standing areas (no ticket required) - courtesy of CKW.

Seated tickets for the main grandstand can be ordered at <https://spitzen.LA/tickets>

The main grandstand opens at 2:00 p.m.

Changing Rooms

The changing rooms are located in the thermoplan arena (formerly Swissporarena, see site maps).

Warm-Up Area

Warming up on the competition field is not permitted. The following areas are available:

- Grass field behind the finish line (fenced)
- Indoor warm-up track beneath the grandstand

Bib Number Distribution

Bib numbers can be collected in the thermoplan arena (see site maps).

Equipment Check

The equipment check is also located in the thermoplan arena, next to the bib number collection.

Call Room

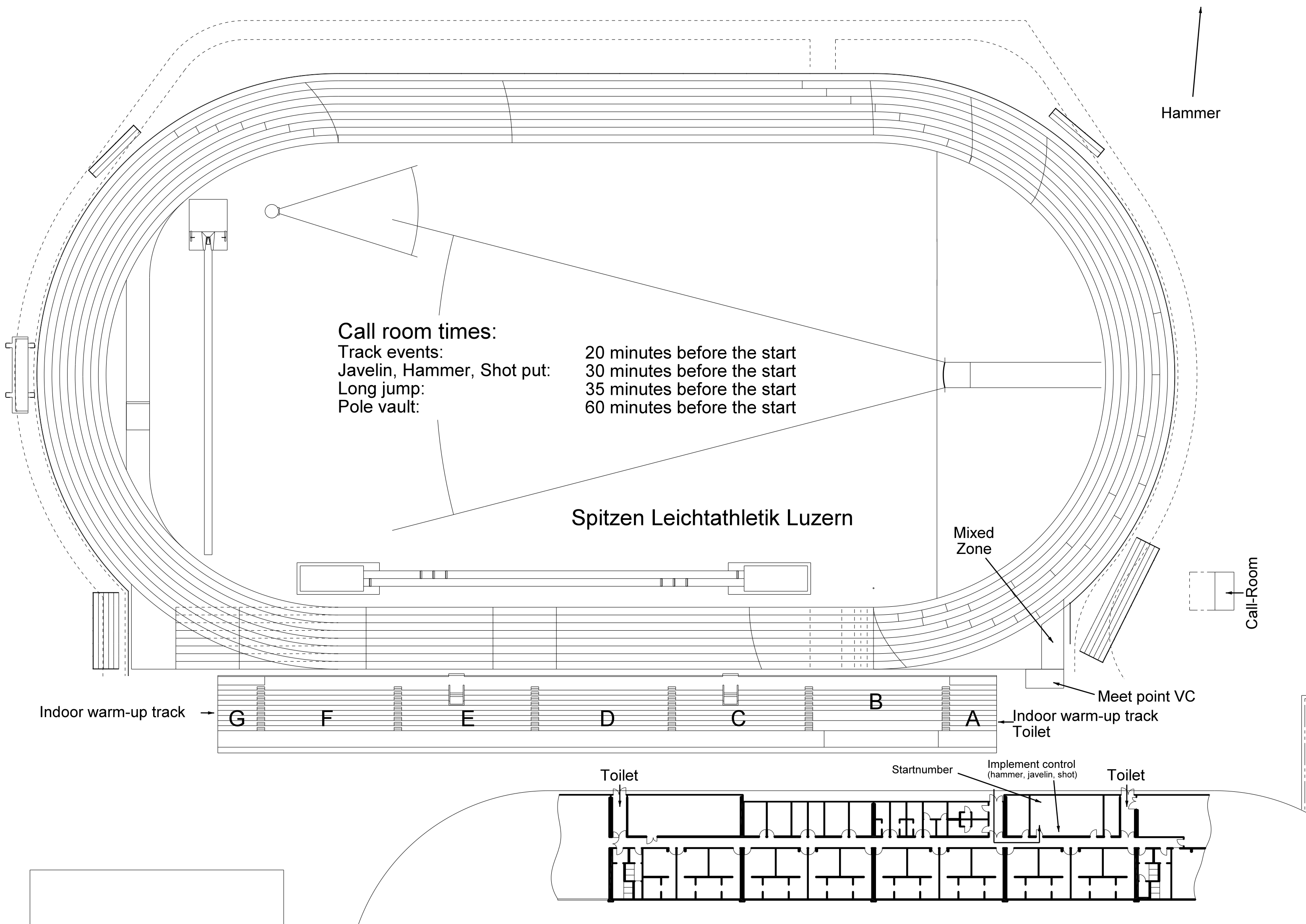
All athletes must report to the Call Room at the following times:

Track Events:	20 minutes before the start
Shot Put / Javelin / Hammer Throw:	30 minutes before the start
Long Jump:	35 minutes before the start
Pole Vault:	60 minutes before the start

Athletes who do not report to the Call Room on time will be withdrawn from the start list. From the Call Room, athletes will be escorted to the competition area.

Call Room Location: see site maps.

For Shot Put, Javelin Throw, Hammer Throw and Long Jump, all athletes will receive three attempts. The top eight athletes (per category) will qualify for three additional attempts.



Spitzen Leichtathletik Luzern 2026

