

Międzynarodowy Mecz U23/ Turniej Nadziei Olimpijskich

Opole, 27.06.2026 r.

V 3.0

Godzina rozpoczęcia	Biegi	Konkurencje techniczne		Godzina rozpoczęcia
10:00				10:00
10:05	3000p M			10:05
10:10				10:10
10:20	3000p K			10:20
10:40	5000 M			10:40
11:05	5000 K			11:05
11:30				11:30
11:45				11:45
13:00 CEREMONIA OTWARCIA MIĘDZYNARODOWEGO MECZU U23/TURNIEJU NADZIEI OLIMPIJSKICH 13:00				
13:10	110ppt. M			13:10
13:15				13:15
13:20	100ppt. K			13:20
13:30				13:30
13:35	100 M			13:35
13:40				13:40
13:45	100 K			13:45
13:50				13:50
14:05	400ppt M			14:05
14:15	400ppt K			14:15
14:25				14:25
14:30	400 M			14:30
14:35				14:35
14:40	400 K			14:40
15:00				15:00
14:55	200 M			14:55
15:05	200 K			15:05
15:15	1500 M			15:15
15:20				15:20
15:25	1500 K			15:25
15:40	800 M			15:40
15:50	800 K			15:50
16:05	10 000ch M			16:05
16:20				16:20
16:45				16:45
17:00				17:00
17:05				17:05
17:10	10 000ch K			17:10
17:45				17:45
18:20	4x100 M			18:20
18:30	4x100 K			18:30
18:40	4x400 M			18:40
18:50	4x400 K			18:50
19:05 CEREMONIA ZAMKNIĘCIA 19:05				

International Match U23/ Olympic Hopes Tournament
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V 3.0

Start Time	Track Events	Field Events		Start Time	
10:00			Pole Vault W	Javelin Throw M	10:00
10:05	3000st M				10:05
10:10		Long Jump W			10:10
10:20	3000st W				10:20
10:40	5000 M				10:40
11:05	5000 W			Javelin Throw W	11:05
11:30					11:30
11:45		Long Jump M			11:45
13:00	Opening ceremony of International Match U23/ Olympic Hopes Tournament				13:00
13:10	110 hurdles M				13:10
13:15				Discus Throw M	13:15
13:20	100 hurdles W				13:20
13:30			Pole Vault M		13:30
13:35	100 M				13:35
13:40		Triple Jump W			13:40
13:45	100 W				13:45
13:50					13:50
14:05	400 hurdles M				14:05
14:15	400 hurdles W				14:15
14:25					14:25
14:30	400 M				14:30
14:35				Discus Throw W	14:35
14:40	400 W				14:40
15:00			Shot Put M		15:00
14:55	200 M				14:55
15:05	200 W				15:05
15:15	1500 M				15:15
15:20		Triple Jump M			15:20
15:25	1500 W				15:25
15:40	800 M				15:40
15:50	800 W				15:50
16:05	10 000 RW M				16:05
16:20				Rzut młotem M	16:20
16:45			Shot Put W		16:45
17:00					17:00
17:05		High Jump M	High Jump W		17:05
17:10	10 000 RW W				17:10
17:45				Rzut młotem K	17:45
18:20	4x100 M				18:20
18:30	4x100 W				18:30
18:40	4x400 M				18:40
18:50	4x400 W				18:50
19:05	Awards Ceremony				19:05