

## Sollentunavallen, 31 juli 2026

| Tid   | Sprint      | Rundbana            | Höjd   | Stav   | Tresteg 1 | Kula   | Slägga | Diskus | Tid   |
|-------|-------------|---------------------|--------|--------|-----------|--------|--------|--------|-------|
| 10.00 | M22 100m Fö |                     | K22 Fi |        |           |        |        | M22 Fi | 10.00 |
| 10.15 | P17 100m Fö |                     |        |        |           |        |        |        | 10.15 |
| 10.30 | F17 100m Fö |                     |        |        |           |        |        |        | 10.30 |
| 10.40 | P16 100m Fö |                     |        |        | F17 Fi    |        |        |        | 10.40 |
| 10.50 | F16 100m Fö |                     |        |        |           |        |        |        | 10.50 |
| 11.00 | K22 100m Fö |                     |        |        |           |        |        |        | 11.00 |
| 11.15 |             |                     |        |        |           |        | F16 Fi |        | 11.15 |
| 11.20 | M22 100m Se |                     |        |        |           |        |        |        | 11.20 |
| 11.30 | P17 100m Se |                     |        |        |           |        |        |        | 11.30 |
| 11.40 |             |                     |        |        |           |        |        |        | 11.40 |
| 11.55 |             |                     |        |        |           | K22 Fi |        |        | 11.55 |
| 12.00 |             |                     |        | P17 Fi | F16 Fi    |        |        |        | 12.00 |
| 12.10 |             |                     |        |        |           |        |        |        | 12.10 |
| 12.20 |             | K22 400m Fö         |        |        |           |        |        |        | 12.20 |
| 12.30 |             | P17 400m Fö         |        |        |           |        |        |        | 12.30 |
| 12.40 |             | F17 400m Fö         |        |        |           |        |        |        | 12.40 |
| 12.50 |             | P16 400m Fö         |        |        |           |        |        |        | 12.50 |
| 13.00 |             | F16 400m Fö         |        |        |           | F17 Fi |        | P17 Fi | 13.00 |
| 13.10 |             |                     |        |        |           |        |        |        | 13.10 |
| 13.20 |             |                     |        |        |           |        |        |        | 13.20 |
| 13.30 |             |                     |        |        |           |        |        |        | 13.30 |
| 13.40 |             |                     |        |        |           |        |        |        | 13.40 |
| 13.50 |             |                     |        |        |           |        |        |        | 13.50 |
| 14.00 |             |                     |        |        |           |        |        |        | 14.00 |
| 14.10 |             |                     |        |        | M22 Fi    |        |        |        | 14.10 |
| 14.20 |             |                     |        |        |           |        |        | P16 Fi | 14.20 |
| 14.25 |             | M22 3000m hinder Fi |        |        |           |        |        |        | 14.25 |
| 14.40 |             | K22 3000m hinder Fi |        |        |           | F16 Fi |        |        | 14.40 |
| 15.00 |             | F17 2000m hinder Fi |        |        |           |        |        |        | 15.00 |
| 15.12 |             | F16 2000m hinder Fi |        |        |           |        |        |        | 15.12 |
| 15.20 |             |                     |        | K22 Fi |           |        |        |        | 15.20 |
| 15.24 |             | P17 2000m hinder Fi |        |        |           |        |        |        | 15.24 |
| 15.30 |             |                     |        |        | P17 Fi    |        |        |        | 15.30 |
| 15.36 |             | P16 2000m hinder Fi |        |        |           |        |        |        | 15.36 |
| 15.40 |             |                     |        |        |           |        | F17 Fi |        | 15.40 |
| 15.50 |             |                     |        |        |           |        |        |        | 15.50 |
| 16.00 | M22 100m Fi |                     |        |        |           |        |        |        | 16.00 |
| 16.10 | K22 100m Fi |                     |        |        |           |        |        |        | 16.10 |
| 16.20 | P17 100m Fi |                     |        |        |           |        |        |        | 16.20 |
| 16.30 | F17 100m Fi |                     | F17 Fi |        |           |        |        |        | 16.30 |
| 16.40 | P16 100m Fi |                     |        |        |           |        |        |        | 16.40 |
| 16.50 | F16 100m Fi |                     |        |        |           |        |        |        | 16.50 |
| 17.00 |             |                     |        |        |           |        | K22 Fi |        | 17.00 |