

|       | 31. Midsommar    |             | U18 Team Challenge<br>TOP4RUNNING |                   | Pre-event-program 31. Midsommar |                |            |                  |           |
|-------|------------------|-------------|-----------------------------------|-------------------|---------------------------------|----------------|------------|------------------|-----------|
| Time  | Men              | Women       | Men U18                           | Women U18         | Men U18                         | Women U18      | Men        | Women            |           |
| 14:30 |                  |             |                                   |                   | 4x100m                          | 4x100m         | 4x100m     | 4x100m           |           |
| 15:00 |                  |             |                                   |                   |                                 | 100m Heats     |            | 100m Heats       |           |
| 15:15 |                  |             |                                   |                   | 100m Heats                      | Long Jump      | 100m Heats | Long Jump        |           |
| 15:35 |                  |             |                                   |                   |                                 |                |            | 400m             |           |
| 15:45 |                  |             |                                   |                   |                                 |                | 400m       |                  |           |
| 16:00 |                  |             |                                   |                   |                                 | 100m Final     |            | 100m Final A/B   |           |
| 16:10 |                  |             |                                   | Team meeting      |                                 | 100m Final     |            | 100m Final A/B/C |           |
| 16:20 |                  |             |                                   | Team presentation |                                 |                |            |                  |           |
| 16:30 |                  |             |                                   | Long Jump         |                                 | Long Jump      |            | Long Jump        |           |
| 16:35 |                  |             |                                   |                   | 100m H 1. Heat                  |                |            |                  |           |
| 16:50 |                  |             |                                   |                   |                                 |                | 200m       |                  | 200m      |
| 17:00 |                  |             |                                   |                   |                                 |                | 200m       |                  | 200m      |
| 17:20 |                  |             |                                   |                   |                                 |                |            |                  | 100m Para |
| 17:45 |                  |             |                                   |                   |                                 | 100m H 2. Heat |            |                  |           |
| 17:50 | Opening ceremony |             |                                   |                   |                                 |                |            |                  |           |
| 18:05 | Long Jump Para   |             |                                   |                   |                                 |                |            |                  |           |
| 18:10 |                  |             | 100m 1. Heat                      |                   |                                 |                |            |                  |           |
| 18:15 | 100m Heat 1      |             |                                   |                   |                                 |                |            |                  |           |
| 18:20 | 100m Heat 2      |             |                                   |                   |                                 |                |            |                  |           |
| 18:30 |                  |             |                                   | Javleín           |                                 |                |            |                  |           |
| 18:35 |                  | 400m H B    |                                   |                   |                                 |                |            |                  |           |
| 18:40 |                  | 400m H A    |                                   |                   |                                 |                |            |                  |           |
| 19:00 |                  | Triple Jump |                                   |                   |                                 |                |            |                  |           |
| 19:05 |                  |             | 100m 2. Heat                      |                   |                                 |                |            |                  |           |
| 19:10 | 100m Final A/B   |             |                                   |                   |                                 |                |            |                  |           |
| 19:35 |                  |             |                                   | 400m              |                                 |                |            |                  |           |
| 19:40 |                  |             | 400m                              |                   |                                 |                |            |                  |           |
| 19:45 | 400m A           |             |                                   |                   |                                 |                |            |                  |           |
| 19:50 |                  |             | Medal ceremony                    |                   |                                 |                |            |                  |           |
| 20:00 | 4x100m Mixed     |             |                                   |                   |                                 |                |            |                  |           |

