European Athletics Championships Birmingham 2026
10 - 16 AUGUST - ALEXANDER STADIUM

BIRMINGHAM26

EUROPEAN ATHLETICS CHAMPIONSHIPS

SESSION 1

MONDAY 10 AUGUST - MORNING

TIME	ROUND	EVENT
10:35	Q A+B	SHOT PUT W
10:40	Q A	HAMMER THROW M
10:45	R1	800m M
11:25	R1	100m W
11:30	Q A+B	LONG JUMP M
11:55	R1	400m M
12:20	QB	HAMMER THROW M
12:35	R1	400m HURDLES W
12:40	Q A+B	SHOT PUT M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£60	£45	£30	£20	£10
JUNIOR	-	-	£15	£10	£5

SESSION 2

MONDAY 10 AUGUST - EVENING

TIME	ROUND	EVENT
18:10	-	OPENING CEREMONY
19:03	🥇	SHOT PUT W
19:10	Q A	HAMMER THROW W
19:35	R1	100m HURDLES W
19:55	Q A+B	TRIPLE JUMP W
20:10	SF	100m W
20:33	🥇	SHOT PUT M
20:38	Q B	HAMMER THROW W
20:40	🥇	5000m M
21:00	R1	3000m SC W
21:40	🥇	4 x 400m RELAY X
21:50	🥇	100m W

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£150	£100	£70	£50	£26
JUNIOR	-	-	£35	£25	£13

SESSION 3

TUESDAY 11 AUGUST - MORNING

TIME	ROUND	EVENT
10:33	Q A+B	HIGH JUMP M
10:35	Q A	DISCUS THROW M
10:45	SF	400m HURDLES W
11:15	R1	100m M
11:40	R1	110m HURDLES M
12:00	Q B	DISCUS THROW M
12:05	R1	800m W
12:40	R1	400m HURDLES M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£60	£45	£30	£20	£10
JUNIOR	-	-	£15	£10	£5

SESSION 4

TUESDAY 11 AUGUST - EVENING

TIME	ROUND	EVENT
19:05	Q A+B	POLE VAULT W
19:10	🥇	HAMMER THROW M
19:25	🥇	5000m W
19:55	SF	100m HURDLES W
20:16	🥇	LONG JUMP M
20:32	SF	100m M
21:00	SF	400m M
21:30	🥇	100m HURDLES W
21:47	🥇	100m M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£110	£90	£60	£40	£26
JUNIOR	-	-	£30	£20	£13

SESSION 5

WEDNESDAY 12 AUGUST - MORNING

TIME	ROUND	EVENT
10:35	HEATS	100M DEC M
10:40	Q A	DISCUS THROW W
11:05	R1	400m W
11:20	A+B	LONG JUMP DEC M
11:40	R1	200m W
12:00	Q B	DISCUS THROW W
12:20	SF	800m M
12:40	A+B	SHOT PUT DEC M
12:55	SF	400m HURDLES M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£60	£45	£30	£20	£10
JUNIOR	-	-	£15	£10	£5

SESSION 6

WEDNESDAY 12 AUGUST - EVENING

TIME	ROUND	EVENT
19:05	A+B	HIGH JUMP DEC M
19:45	🥇	HAMMER THROW W
19:55	SF	110m HURDLES M
20:20	SF	200m W
20:40	Q A+B	TRIPLE JUMP M
20:50	🥇	400m M
21:08	🥇	400m HURDLES W
21:22	HEATS	400m DEC M
21:47	🥇	110m HURDLES M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£110	£90	£60	£40	£26
JUNIOR	-	-	£30	£20	£13

SESSION 7

THURSDAY 13 AUGUST - MORNING

TIME	ROUND	EVENT
10:33	HEATS	110m HURDLES DEC M
10:55	Q A+B	HIGH JUMP W
11:05	R1	200m M
11:20	A	DISCUS THROW DEC M
11:30	R1	3000m SC M
12:10	SF	800m W
12:25	B	DISCUS THROW DEC M
12:45	SF	400M W
13:00	A	POLE VAULT DEC M
13:35	Q A	JAVELIN THROW M
13:45	B	POLE VAULT DEC M
14:55	Q B	JAVELIN THROW M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£75	£58	£38	£28	£18
JUNIOR	-	-	£19	£14	£9

SESSION 8

THURSDAY 13 AUGUST - EVENING

TIME	ROUND	EVENT
18:35	A	JAVELIN THROW DEC M
19:35	B	JAVELIN THROW DEC M
19:40	🥇	TRIPLE JUMP W
19:50	🥇	POLE VAULT W
20:05	SF	200m M
20:29	🥇	3000m SC W
20:45	🥇	DISCUS THROW M
21:10	🥇	1500m DEC M
21:28	🥇	800m M
21:50	🥇	200m W

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£150	£100	£70	£50	£26
JUNIOR	-	-	£35	£25	£13

SESSION 9

FRIDAY 14 AUGUST - MORNING

TIME	ROUND	EVENT
10:35	HEATS	100m HURDLES HEP W
10:40	Q A	JAVELIN THROW W
10:50	Q A+B	POLE VAULT M
11:05	R1	4 x 400m RELAY M
11:25	A+B	HIGH JUMP HEP W
11:35	R1	4 x 400m RELAY W
12:00	Q B	JAVELIN THROW W
12:05	R1	1500m M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£75	£58	£38	£28	£18
JUNIOR	-	-	£19	£14	£9

SESSION 10

FRIDAY 14 AUGUST - EVENING

TIME	ROUND	EVENT
19:35	A + B	SHOT PUT HEP W
19:45	🥇	10,000m W
20:00	🥇	HIGH JUMP M
20:30	🥇	DISCUS THROW W
20:40	🥇	400m HURDLES M
20:55	HEATS	200m HEP W
21:25	🥇	200m M
21:46	🥇	800m W

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£150	£100	£70	£50	£26
JUNIOR	-	-	£35	£25	£13

SESSION 11

SATURDAY 15 AUGUST - MORNING

TIME	ROUND	EVENT
07:30	🥇	HALF MARATHON RACE WALK* M
07:30	🥇	HALF MARATHON RACE WALK* W
07:30	🥇	MARATHON RACE WALK* M
07:30	🥇	MARATHON RACE WALK* W
10:25	A+B	LONG JUMP HEP W
11:50	Q A+B	LONG JUMP W
11:55	A+B	JAVELIN THROW HEP W
12:15	R1	1500m W
12:40	R1	4 x 100m RELAY W
13:00	R1	4 x 100m RELAY M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£75	£58	£38	£28	£18
JUNIOR	-	-	£19	£14	£9

SESSION 12

SATURDAY 15 AUGUST - EVENING

TIME	ROUND	EVENT
19:45	🥇	800m HEP W
20:01	🥇	JAVELIN THROW M
20:07	🥇	HIGH JUMP W
20:10	🥇	400m W
20:17	🥇	TRIPLE JUMP M
20:25	🥇	10,000m M
21:07	🥇	1500m M
21:33	🥇	4 x 100m RELAY M
21:48	🥇	4 x 100m RELAY W

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£150	£100	£70	£50	£26
JUNIOR	-	-	£35	£25	£13

MARATHONS

SUNDAY 16 AUGUST - MORNING

TIME	ROUND	EVENT
07:30	🥇	MARATHON W
08:10	🥇	MARATHON M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	-	-	-	-	-
JUNIOR	-	-	-	-	-

SESSION 13

SUNDAY 16 AUGUST - EVENING

TIME	ROUND	EVENT
19:30	🥇	POLE VAULT M
19:55	🥇	JAVELIN THROW W
20:05	🥇	LONG JUMP W
20:35	🥇	4 x 100m RELAY X
20:50	🥇	3000m SC M
21:13	🥇	1500m W
21:33	🥇	4 x 400m RELAY W
21:48	🥇	4 x 400m RELAY M

	CAT A	CAT B	CAT C	CAT D	CAT E
ADULT	£150	£100	£70	£50	£26
JUNIOR	-	-	£35	£25	£13

KEY 🥇 = FINAL M = MEN W = WOMEN X = MIXED

TICKETS ON SALE NOW AT TICKETS.BIRMINGHAM26.COM

All sessions are correct as 5 August 2026. Sessions are subject to change.
*Please note: Race Walk events take place outside the stadium and are not part of the in-stadium programme for Session 11.

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