



# European Athletics Championships Birmingham 2026

## 10 - 16 AUGUST - ALEXANDER STADIUM



### SESSION 1

MONDAY 10 AUGUST - MORNING		
TIME	ROUND	EVENT
10:35	Q A+B	SHOT PUT <b>W</b>
10:40	Q A	HAMMER THROW <b>M</b>
10:45	R1	800m <b>M</b>
11:25	R1	100m <b>W</b>
11:30	Q A+B	LONG JUMP <b>M</b>
11:55	R1	400m <b>M</b>
12:20	Q B	HAMMER THROW <b>M</b>
12:35	R1	400m HURDLES <b>W</b>
12:40	Q A+B	SHOT PUT <b>M</b>

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

### SESSION 3

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

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

### SESSION 5

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

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

### SESSION 7

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

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

### SESSION 9

FRIDAY 14 AUGUST - MORNING		
TIME	ROUND	EVENT
10:35	HEATS	100m HURDLES HEP <b>W</b>
10:40	Q A	JAVELIN THROW <b>W</b>
10:50	Q A+B	POLE VAULT <b>M</b>
11:05	R1	4 x 400m RELAY <b>M</b>
11:25	A+B	HIGH JUMP HEP <b>W</b>
11:35	R1	4 x 400m RELAY <b>W</b>
12:00	Q B	JAVELIN THROW <b>W</b>
12:05	R1	1500m <b>M</b>

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

### SESSION 11

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

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

### MARATHONS

SUNDAY 16 AUGUST - MORNING		
TIME	ROUND	EVENT
07:30		MARATHON <b>W</b>
08:10		MARATHON <b>M</b>

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

### SESSION 2

MONDAY 10 AUGUST - EVENING		
TIME	ROUND	EVENT
19:03		SHOT PUT <b>W</b>
19:10	Q A	HAMMER THROW <b>W</b>
19:35	R1	100m HURDLES <b>W</b>
19:55	Q A+B	TRIPLE JUMP <b>W</b>
20:10	SF	100m <b>W</b>
20:33		SHOT PUT <b>M</b>
20:38	Q B	HAMMER THROW <b>W</b>
20:40		5000m <b>M</b>
21:00	R1	3000m SC <b>W</b>
21:40		4 x 400m RELAY <b>X</b>
21:50		100m <b>W</b>

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

### SESSION 4

TUESDAY 11 AUGUST - EVENING		
TIME	ROUND	EVENT
19:05	Q A+B	POLE VAULT <b>W</b>
19:10		HAMMER THROW <b>M</b>
19:25		5000m <b>W</b>
19:55	SF	100m HURDLES <b>W</b>
20:16		LONG JUMP <b>M</b>
20:32	SF	100m <b>M</b>
21:00	SF	400m <b>M</b>
21:30		100m HURDLES <b>W</b>
21:47		100m <b>M</b>

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

### SESSION 6

WEDNESDAY 12 AUGUST - EVENING		
TIME	ROUND	EVENT
19:05	A+B	HIGH JUMP DEC <b>M</b>
19:45		HAMMER THROW <b>W</b>
19:55	SF	110m HURDLES <b>M</b>
20:20	SF	200m <b>W</b>
20:40	Q A+B	TRIPLE JUMP <b>M</b>
20:50		400m <b>M</b>
21:08		400m HURDLES <b>W</b>
21:22	HEATS	400m DEC <b>M</b>
21:47		110m HURDLES <b>M</b>

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

### SESSION 8

THURSDAY 13 AUGUST - EVENING		
TIME	ROUND	EVENT
18:35	A	JAVELIN THROW DEC <b>M</b>
19:35	B	JAVELIN THROW DEC <b>M</b>
19:40		TRIPLE JUMP <b>W</b>
19:50		POLE VAULT <b>W</b>
20:05	SF	200m <b>M</b>
20:29		3000m SC <b>W</b>
20:45		DISCUS THROW <b>M</b>
21:10		1500m DEC <b>M</b>
21:28		800m <b>M</b>
21:50		200m <b>W</b>

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

### SESSION 10

FRIDAY 14 AUGUST - EVENING		
TIME	ROUND	EVENT
19:35	A + B	SHOT PUT HEP <b>W</b>
19:45		10,000m <b>W</b>
20:00		HIGH JUMP <b>M</b>
20:30		DISCUS THROW <b>W</b>
20:40		400m HURDLES <b>M</b>
20:55	HEATS	200m HEP <b>W</b>
21:25		200m <b>M</b>
21:46		800m <b>W</b>

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

### SESSION 12

SATURDAY 15 AUGUST - EVENING		
TIME	ROUND	EVENT
19:45		800m HEP <b>W</b>
20:01		JAVELIN THROW <b>M</b>
20:07		HIGH JUMP <b>W</b>
20:10		400m <b>W</b>
20:17		TRIPLE JUMP <b>M</b>
20:25		10,000m <b>M</b>
21:07		1500m <b>M</b>
21:33		4 x 100m RELAY <b>M</b>
21:48		4 x 100m RELAY <b>W</b>

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

### SESSION 13

SUNDAY 16 AUGUST - EVENING		
TIME	ROUND	EVENT
19:30		POLE VAULT <b>M</b>
19:55		JAVELIN THROW <b>W</b>
20:05		LONG JUMP <b>W</b>
20:35		4 x 100m RELAY <b>X</b>
20:50		3000m SC <b>M</b>
21:13		1500m <b>W</b>
21:33		4 x 400m RELAY <b>W</b>
21:48		4 x 400m RELAY <b>M</b>

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

KEY = FINAL = MEN = WOMEN = MIXED

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All sessions are correct as 16 April 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.