

競 技 順 序

第1日 5月3日 (日・祝)

2026

《トラックの部》

点呼開始

招集完了

エントリー数

| | | | | | | | | |
|----|-------|-----------|---|--------------|-------|-------|-------|-------|
| 1 | 9:00 | 400m | 予 | 7-1+9 | 1~4 | 8:35 | 8:40 | 61 |
| | | | | | 5~7 | 8:50 | 8:55 | |
| 2 | 9:35 | 800m | 予 | 7-2+2 | 1~4 | 9:10 | 9:15 | 59 |
| | | | | | 5~7 | 9:30 | 9:35 | |
| 3 | 10:15 | 女 100m | 予 | 5-2+6 | 1~3 | 9:50 | 9:55 | 43 |
| | | | | | 4~5 | 10:00 | 10:05 | |
| 4 | 10:35 | 100m | 予 | 16-1+16 | 1~4 | 10:10 | 10:15 | 139 |
| | | | | | 5~8 | 10:25 | 10:30 | |
| | | | | | 9~12 | 10:40 | 10:45 | |
| | | | | | 13~16 | 10:55 | 11:00 | |
| 5 | 11:45 | 女 800m | 予 | 3-2+2 | | 11:20 | 11:25 | 23 |
| 6 | 12:05 | 女 400m | 予 | 2-3+2 | | 11:40 | 11:45 | 16 |
| 7 | 12:15 | 400m | 準 | 2-3+2 | | 11:50 | 11:55 | 16 |
| 8 | 12:30 | 女 100mH | 予 | 2-3+2 | | 12:05 | 12:10 | 12 |
| 9 | 12:45 | 110mH | 予 | 3-2+2 | | 12:20 | 12:25 | 23 |
| 10 | 13:05 | 女 100m | 準 | 2-3+2 | | 12:40 | 12:45 | 16 |
| 11 | 13:15 | 100m | 準 | 4-2 | | 12:50 | 12:55 | 32 |
| 12 | 13:40 | 3000mSC | 決 | | | 13:15 | 13:20 | 20 |
| 13 | 14:00 | 女 4×100mR | 予 | 2-3+2 | 1 | 13:35 | 13:40 | 10チーム |
| | | | | | 2 | 13:40 | 13:45 | |
| 14 | 14:15 | 4×100mR | 予 | 4-1+4 | 1 | 13:50 | 13:55 | 28チーム |
| | | | | | 2 | 13:55 | 14:00 | |
| | | | | | 3 | 14:00 | 14:05 | |
| | | | | | 4 | 14:05 | 14:10 | |
| 15 | 14:50 | 800m | 準 | 2-3+2 | | 14:25 | 14:30 | 16 |
| 16 | 15:05 | 女 400m | 決 | | | 14:40 | 14:45 | |
| 17 | 15:10 | 400m | 決 | | | 14:45 | 14:50 | |
| 18 | 15:20 | 女 100mH | 決 | | | 14:55 | 15:00 | |
| 19 | 15:30 | 110mH | 決 | | | 15:05 | 15:10 | |
| 20 | 15:40 | 女 100m | 決 | | | 15:15 | 15:20 | |
| 21 | 15:45 | 100m | 決 | | | 15:20 | 15:25 | |
| 22 | 15:55 | 女 800m | 決 | | | 15:30 | 15:35 | |
| 23 | 16:05 | 女 5000m | 決 | | | 15:40 | 15:45 | 1 |
| 24 | 16:05 | 5000m | 決 | 2組 タイムレース | 1 | 15:40 | 15:45 | 35 |
| | | | | | 2 | 16:00 | 16:05 | |
| 25 | 16:50 | 女 4×100mR | 決 | | | 16:25 | 16:30 | |
| 26 | 17:00 | 4×100mR | 決 | | | 16:35 | 16:40 | |

《跳躍の部》

| | | | | | | | | |
|---|-------|-------|---|--|--|-------|-------|----|
| 1 | 9:45 | 女 走高跳 | 決 | | | 9:00 | 9:05 | 15 |
| 2 | 10:50 | 三段跳 | 決 | | | 10:05 | 10:10 | 21 |
| 3 | 12:10 | 棒高跳 | 決 | | | 10:05 | 10:10 | 18 |
| 4 | 14:30 | 女 三段跳 | 決 | | | 13:45 | 13:50 | 11 |

《投てきの部》

| | | | | | | | | |
|---|-------|-------|---|--|--|-------|-------|----|
| 1 | 9:40 | 女 砲丸投 | 決 | | | 8:55 | 9:00 | 11 |
| 2 | 11:00 | 女 やり投 | 決 | | | 10:15 | 10:20 | 13 |
| 3 | 11:45 | 砲丸投 | 決 | | | 11:00 | 11:05 | 31 |
| 4 | 13:30 | やり投 | 決 | | | 12:45 | 12:50 | 34 |

競 技 順 序

第2日 5月4日 (月・祝)

2026

《トラックの部》

点呼開始

招集完了

エントリー数

| | | | | | | | | | |
|----|-------|---|---------|---|---------|------|-------|-------|-------|
| 1 | 9:00 | 女 | 400mH | 予 | 2-3+2 | 1~2 | 8:35 | 8:40 | 10 |
| 2 | 9:15 | | 400mH | 予 | 3-2+2 | 1~3 | 8:50 | 8:55 | 25 |
| 3 | 9:35 | | 200m | 予 | 10-1+14 | 1~4 | 9:10 | 9:15 | 85 |
| | | | | | | 5~8 | 9:25 | 9:30 | |
| | | | | | | 9~10 | 9:40 | 9:45 | |
| 4 | 10:25 | | 1500m | 予 | 4-2+4 | 1 | 10:00 | 10:05 | 61 |
| | | | | | | 2 | 10:10 | 10:15 | |
| | | | | | | 3 | 10:20 | 10:25 | |
| | | | | | | 4 | 11:30 | 11:35 | |
| 5 | 11:10 | | 4×400mR | 予 | 3-2+2 | 1 | 10:45 | 10:50 | 21チーム |
| | | | | | | 2 | 10:55 | 11:00 | |
| | | | | | | 3 | 11:05 | 11:10 | |
| 6 | 11:40 | 女 | 5000mW | 決 | | | 11:15 | 11:20 | 7 |
| 7 | 12:20 | 女 | 200m | 予 | 4-1+4 | 1~4 | 11:55 | 12:00 | 33 |
| 8 | 12:45 | | 200m | 準 | 3-2+2 | 1~3 | 12:20 | 12:25 | 24 |
| 9 | 13:10 | | 800m | 決 | | | 12:45 | 12:50 | |
| 10 | 13:20 | | 5000mW | 決 | | | 12:55 | 13:00 | 14 |
| 11 | 14:00 | 女 | 400mH | 決 | | | 13:35 | 13:40 | |
| 12 | 14:10 | | 400mH | 決 | | | 13:45 | 13:50 | |
| 13 | 14:20 | 女 | 1500m | 決 | | | 13:55 | 14:00 | 20 |
| 14 | 14:35 | | 1500m | 決 | | | 14:10 | 14:15 | 12 |
| 15 | 14:50 | 女 | 200m | 決 | | | 14:25 | 14:30 | |
| 16 | 15:00 | | 200m | 決 | | | 14:35 | 14:40 | |
| 17 | 15:10 | | 10000m | 決 | | | 14:45 | 14:50 | 4 |
| 18 | 15:55 | 女 | 4×400mR | 決 | | | 15:30 | 15:35 | 8 |
| 19 | 16:05 | | 4×400mR | 決 | | | 15:40 | 15:45 | |

《跳躍の部》

| | | | | | | | | | |
|---|-------|---|-----|---|-----|--|-------|-------|----|
| 1 | 9:30 | 女 | 走幅跳 | 決 | | | 8:45 | 8:50 | 21 |
| 2 | 11:05 | | 走高跳 | 決 | | | 10:20 | 10:25 | 19 |
| 3 | 12:30 | 女 | 棒高跳 | 決 | | | 10:25 | 10:30 | 4 |
| 4 | 12:40 | | 走幅跳 | 決 | A・B | | 11:55 | 12:00 | 39 |

《投てきの部》

| | | | | | | | | | |
|---|-------|---|-------|---|--|--|-------|-------|----|
| 1 | 9:15 | 女 | 円盤投 | 決 | | | 8:30 | 8:35 | 11 |
| 2 | 10:45 | | 円盤投 | 決 | | | 10:00 | 10:05 | 27 |
| 3 | 13:10 | 女 | ハンマー投 | 決 | | | 12:25 | 12:30 | 13 |
| 4 | 14:50 | | ハンマー投 | 決 | | | 14:05 | 14:10 | 17 |