

**Halowe Mistrzostwa Wielkopolski U16, U18 i U20. Mityng Ogólnopolski.**  
**Wrocław, 25.01.2026**  
**program minutowy - projekt [23.01.2026]**

| godz. |                      |        |    |    | tyczka         | wzwyż                       | w dal/3-skok/wieloskok |                          | kula                    |
|-------|----------------------|--------|----|----|----------------|-----------------------------|------------------------|--------------------------|-------------------------|
|       |                      |        |    |    |                |                             | skocznia A             | skocznia B               |                         |
| 10:00 | 4x400m mix U18 DZLA  |        | l  | s  |                |                             |                        |                          |                         |
| 10:10 | 3000m chód K         |        | 13 | 1  |                |                             |                        |                          |                         |
| 10:35 | 3000m chód M         |        | 3  | 1  |                |                             |                        |                          |                         |
| 11:00 | 60m ppt K U20+mit    | el     | 2  | 1  | tyczka K (12)  |                             | w dal M U18+U20 (10)   | w dal K U16 (24)         | kula K U14 (8)          |
| 11:10 | 60m ppt K U18        | el     | 11 | 2  |                |                             |                        |                          |                         |
| 11:20 | 60m ppt K U16        | el     | 11 | 2  |                |                             |                        |                          |                         |
| 11:30 | 60m ppt M U20+mit    | el     | 6  | 1  |                |                             |                        |                          |                         |
| 11:35 | 60m ppt M U18        | el     | 6  | 1  |                |                             |                        |                          |                         |
| 11:40 | 60m ppt M 7-bój      |        | 4  | 1  |                |                             |                        |                          |                         |
| 11:50 | 60m ppt K U20+mit    | F      |    |    |                |                             |                        |                          | kula K U16 (11)         |
| 11:55 | 60m ppt K U18        | F      |    |    |                |                             |                        |                          |                         |
| 12:00 | 60m ppt K U16        | F      |    |    |                |                             |                        |                          |                         |
| 12:05 | 60m ppt M U20+mit    | F      |    |    |                |                             | w dal K U20 (7)        |                          |                         |
| 12:10 | 60m ppt M U18        | F      |    |    |                |                             |                        |                          |                         |
| 12:20 | 60m K U16            | el     | 66 | 11 |                |                             |                        |                          |                         |
| 12:45 | 60m K U18            | el     | 33 | 6  |                |                             |                        |                          | kula K U18 (11)         |
| 13:00 | 60m K U20            | el     | 18 | 3  |                |                             |                        | w dal M U16 + mityng (8) |                         |
| 13:10 | 60m K                | el     | 34 | 6  |                |                             | w dal K U18 (11)       |                          |                         |
| 13:30 | 60m M U16            | el     | 29 | 5  |                |                             |                        |                          |                         |
| 13:45 | 60m M U18            | el     | 21 | 4  |                |                             |                        |                          |                         |
| 14:00 | 60m M U20            | el     | 26 | 5  | tyczka M 7-bój |                             |                        |                          | kula M U14+U16+U18 (12) |
| 14:15 | 60m M                | el     | 13 | 3  |                |                             |                        |                          |                         |
| 14:25 | 60m K U16            | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 14:31 | 60m K U18            | FB, FA |    | 2  |                |                             | w dal K mityng (7)     |                          |                         |
| 14:37 | 60m K U20            | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 14:43 | 60m K                | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 14:49 | 60m M U16            | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 14:55 | 60m M U18            | FB, FA |    | 2  |                |                             |                        | wieloskok K U16 (11)     |                         |
| 15:01 | 60m M U20            | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 15:07 | 60m M                | FB, FA |    | 2  |                |                             |                        |                          |                         |
| 15:30 | 400m K U20           | snc    | 5  | 1  |                | wzwyż K U18 + U20 + mit(17) |                        |                          | kula M U20+sen (9)      |
| 15:35 | 400m K               | snc    | 5  | 1  |                |                             |                        |                          |                         |
| 15:40 | 400m M U20           | snc    | 12 | 2  |                |                             |                        |                          |                         |
| 15:50 | 400m M               | snc    | 3  | 1  |                |                             |                        |                          |                         |
| 15:55 | 1000m M 7-bój        |        | 4  | 1  |                |                             |                        |                          |                         |
| 16:00 | 300m K U16           | snc    | 52 | 9  |                |                             | trójskok M (8)         |                          |                         |
| 16:20 | 300m K U18           | snc    | 13 | 3  |                |                             |                        |                          |                         |
| 16:30 | 300m K               | snc    | 14 | 3  |                |                             |                        | wieloskok M U16 (3)      |                         |
| 16:40 | 300m M U16           | snc    | 19 | 4  |                |                             |                        |                          | kula K U20+sen (7)      |
| 16:55 | 300m M U18           | snc    | 17 | 3  |                |                             |                        |                          |                         |
| 17:05 | 300m M               | snc    | 8  | 2  | tyczka M (13)  |                             |                        |                          |                         |
| 17:15 | 200m K U18           | snc    | 20 | 4  |                |                             |                        |                          |                         |
| 17:25 | 200m K U20           | snc    | 19 | 4  |                |                             | trójskok K U18 (7)     |                          |                         |
| 17:40 | 200m K               | snc    | 24 | 5  |                | wzwyż K U16 (15)            |                        |                          |                         |
| 17:55 | 200m M U18           | snc    | 16 | 3  |                |                             |                        |                          |                         |
| 18:05 | 200m M U20           | snc    | 28 | 5  |                |                             |                        |                          |                         |
| 18:20 | 200m M               | snc    | 14 | 3  |                |                             |                        |                          |                         |
| 18:30 | 600m K U16           | snc    | 29 | 3  |                |                             |                        |                          |                         |
| 18:40 | 600m K U18           | snc    | 17 | 2  |                |                             | trójskok K U20 (5)     |                          |                         |
| 18:50 | 600m K               | snc    | 3  | 1  |                |                             |                        |                          |                         |
| 18:55 | 600m M U16           | snc    | 12 | 2  |                |                             |                        |                          |                         |
| 19:05 | 600m M U18+mityng    | snc    | 15 | 2  |                |                             |                        |                          |                         |
| 19:15 | 1000m K U16          | snc    | 16 | 2  |                |                             |                        |                          |                         |
| 19:25 | 1000m K U18+mit      | snc    | 19 | 2  |                |                             |                        |                          |                         |
| 19:35 | 1000m M U16          | snc    | 17 | 2  |                | wzwyż M (12)                |                        |                          |                         |
| 19:45 | 1000m M U18+mityng   | snc    | 14 | 1  |                |                             |                        |                          |                         |
| 19:50 | 800m K U20+mit       | snc    | 7  | 1  |                |                             |                        |                          |                         |
| 19:55 | 800m M U20+mit       | snc    | 8  | 1  |                |                             |                        |                          |                         |
| 20:00 | 2000m K U16          | snc    | 6  | 1  |                |                             |                        |                          |                         |
| 20:10 | 2000m K U18          | snc    | 9  | 1  |                |                             |                        |                          |                         |
| 20:20 | 2000m K U20 + mityng | snc    | 7  | 1  |                |                             |                        |                          |                         |
| 20:30 | 2000m M U16          | snc    | 8  | 1  |                |                             |                        |                          |                         |
| 20:40 | 2000m M U18          | snc    | 9  | 1  |                |                             |                        |                          |                         |
| 20:50 | 2000m M U20 + mityng | snc    | 7  | 1  |                |                             |                        |                          |                         |
| 21:00 | 1500m K U20+mit      | snc    | 6  | 1  |                |                             |                        |                          |                         |
| 21:10 | 1500m M U20 + mityng | snc    | 6  | 1  |                |                             |                        |                          |                         |

Zawodnicy zobowiązani są stawić się na bramce startowej miejscu startu na 15' przed rozegraniem konkurencji biegowych.  
W konkurencjach technicznych zawodnicy stawiają się w miejscu startu 20 min. Przed rozpoczęciem konkurencji.

Przypominamy o konieczności zmiany obuwia przed wejściem na halę - zasada ta dotyczy wszystkich (także trenerów, opiekunów, kibiców itd.)  
Zakaz używania kredy do oznaczania rozbiegów!  
Dekoracje będą się odbywać ok. 15min po zakończeniu konkurencji.