

Official Order of Events

ICOSATHLON

Men (& Women)

Day 1

1. 100 m
2. Long Jump
3. 200 m Hurdles
4. Shot Put
5. 5 000 m
6. 800 m
7. High Jump
8. 400 m
9. Hammer Throw
10. 3 000 m Steeplechase

At least 1h30 between the starts of 5 000 m and 800 m.

Day 2

11. 110 m Hurdles
12. Discus Throw
13. 200 m
14. Pole Vault
15. 3 000 m
16. 400 m Hurdles
17. Javelin Throw
18. 1 500 m
19. Triple Jump
20. 10 000 m

At least 1h20 between the starts of 3 000 m and 400 m Hurdles.

One-Day ICOSATHLON

*At least 1h20 between the starts of
3 000 m SC and 100/110 m Hurdles.*

ICOSATHLON

Alternative Order for Women

Day 1

1. 100 m
2. Discus Throw
3. 200 m Hurdles
4. Pole Vault
5. 5 000 m
6. 800 m
7. Javelin Throw
8. 400 m
9. Triple Jump
10. 3 000 m Steeplechase

Day 2

11. 100 m Hurdles
12. Long Jump
13. 200 m
14. Shot Put
15. 3 000 m
16. 400 m Hurdles
17. High Jump
18. 1 500 m
19. Hammer Throw
20. 10 000 m

TETRADECATHLON

Women

Day 1

1. 100 m Hurdles
2. High Jump
3. 1 500 m
4. 400 m Hurdles
5. Shot Put
6. 200 m

*At least 1h10 between the starts
of 1 500 m and 400 m Hurdles.*

Day 2

7. 100 m
8. Long Jump
9. 400 m
10. Javelin Throw
11. 800 m
12. 200 m Hurdles
13. Discus Throw
14. 3 000 m

*At least 1h10 between the starts
of 800 m and 200 m Hurdles.*

One-Day TETRADECATHLON

*At least 1h00 between the starts of
200 m and 100 m.*

TETRADECATHLON (indoor)

Men & Women

Day 1

1. 60 m
2. Long Jump
3. 800 m
4. Shot Put
5. 400 m
6. High Jump
7. 3 000 m

Day 2

8. 60 m Hurdles
9. Pole Vault
1 000 m *(during 1 500 m)*
10. 1 500 m
11. Weight Throw
12. 200 m
13. Triple Jump
14. 5 000 m

One-Day TETRADECATHLON (indoor)

*At least 1h00 between the starts of
3 000 m and 60 m Hurdles.*