



**SPECIAL
OLYMPICS
SWEDEN**
INVITATIONAL
GAMES 2026

TIME SCHEDULE SOSIG 2026

Saturday 5 September 2026

	50m	100m	200m	400m	800m	Relay	Frame Running	Long Jump	Standing Long Jump	Javelin	Shot Put
09:30	4 heats							Pool 1			
10:00		9 heats									Pool 1
10:15								Pool 2			
10:45				4 heats							Pool 2
11:00									Pool 1		
LUNCH											
13:45			7 heats								Pool 3
14:00								Pool 3			
14:45					2 heats						Pool 4
15:00								Pool 4			
15:30										Pool 1	
16:00						2 heats					

Sunday 6 September 2026

	50m	100m	200m	400m	800m	Relay	Frame Running	Long Jump	Standing Long Jump	Javelin	Shot Put
08:30	Final A-G							Final G-H			
09:00		Final A-I									
09:15								Final A-B			Final A-B
10:00				Final A-F					Final A-B		Final C-D
LUNCH											
12:45			Final A-G								Final E-F
13:00								Final C-D			
13:30					Final A-D						Final G-H
14:00								Final E-F			
14:30						Final A-B				Final A-B	



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TIDSPROGRAM SOSIG 2026

Lördag 5 september 2026

	50m	100m	200m	400m	800m	Stafett	Frame Running	Längd-hopp	Stående Längdhopp	Spjut	Kula
09:30	4 heat							Pool 1			
10:00		9 heat									Pool 1
10:15								Pool 2			
10:45				4 heat							Pool 2
11:00									Pool 1		
LUNCH											
13:45			7 heat								Pool 3
14:00								Pool 3			
14:45					2 heat						Pool 4
15:00								Pool 4			
15:30										Pool 1	
16:00						2 heat					

Söndag 6 september 2026

	50m	100m	200m	400m	800m	Stafett	Frame Running	Längd-hopp	Stående Längdhopp	Spjut	Kula
08:30	Final A-G							Final G-H			
09:00		Final A-I									
09:15								Final A-B			Final A-B
10:00				Final A-F					Final A-B		Final C-D
LUNCH											
12:45			Final A-G								Final E-F
13:00								Final C-D			
13:30					Final A-D						Final G-H
14:00								Final E-F			
14:30						Final A-B				Final A-B	