

Technical Regulations

Meeting Indoor de Lyon

Saturday, January 24, 2026

Sprint / Hurdles

Events	Number of Heats	Final: Number of Qualifiers	Startlist
60m Hurdles U23 Women	1	2q for the main meeting heats	Thursday, 22/01 at 4:00 pm
60m U23 Men	1	2q for the main meeting heats	Thursday, 22/01 at 4:00 pm
60m Hurdles Women	2 heats of 8	2Q + 4q	Thursday, 22/01 at 4:00 pm
60m Men	2 heats of 8	2Q + 4q	Thursday, 22/01 at 4:00 pm
400m Men	2 heats of 4		Thursday, 22/01 at 4:00 pm

Long Jump (inclusive event)

Attempts: 3 + 3 for the top 10

- ➔ Entrance to the competition area 25 minutes before the start of the event
- ➔ Take-off board at 3m
- ➔ Chalk take-off board for T11 athletes

Triple Jump

Attempts: 3 + 3 for the top 8

- ➔ Entrance to the competition area 25 minutes before the start of the event
- ➔ Take-off board at 13m

High Jump

Bar raise : 1.73m / 1.77m / 1.81m / 1.85m / 1.88m / 1.91m / 1.93m / 1.95m / 1.97m / 1.99m / 2.01m

- ➔ Entrance to the competition area 25 minutes before the start of the event

Start-lists / Résultats ➔

