

Saturday, 22nd of August 2026
Regensdorf, Switzerland



Abendmeeting

Pacemaker in every 1500m heat
More information: www.lcr.ch

Organized by:



LEICHTATHLETIK CLUB REGENSDORF



Supported by:



DIETIKER
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Meeting Information: Abendmeeting Regensdorf (WRC)

Date:	Saturday, 22nd of August 2026, 15h
Place:	Sportanlage Wisacher, Wiesackerstrasse 30, 8105 Regensdorf.
Organizer:	Leichtathletik Club Regensdorf.
Regulatory/Licence:	WO 2024 / IWR, licence required (except for the 3000m).
World Ranking:	World Ranking Competition (WRC) – Category F
Disciplines Women:	100m (2 runs), 400m, 600m, 1500m, 100mH, 400mH, Long Jump, Shot Put, Discus Throw
Disciplines Men:	100m (2 runs), 400m, 600m, 1500m, 110mH, 400mH, Long jump, Shot Put, Discus Throw
Disciplines U20M:	110mH (99,1cm)
Disciplines MIXED:	3000m, 3000m Race Walking (Men and Women)
*Throws:	All age-groups, each throwing with the official weights for the respective category.
Registration:	Swiss athletes: Online via Online-Registration on the Swiss Athletics website. International athletes: E-Mail to abendmeeting@lcr.ch with first name, surname, date of birth, world athletics athlete code, club, discipline, PB, SB 2026, e-mail, phone number.
Registration deadline:	Monday, 17th of August 2026, 23:59.59.
Registration fee:	CHF 20 per discipline. To be paid via e-payment when registering. International athletes: Cash payment on site.
Late registrations:	No registrations on site possible !
Confirmation board:	You need to cross off your name at the latest 75 minutes before the start of your discipline at the confirmation board (located at the bib distribution). Afterwards, the heats will be assembled.
Call room:	15 minutes before the start of each discipline on the event site.
Insurance:	Insurance against accidents and theft is the responsibility of the athletes. The organizer declines any liability.
Directions:	Train: S6 from Zurich HB (direction to Baden) until Regensdorf, Bus Nr. 452 until Sportanlage Wisacher. Car: motorway A1, Zürich Nordring, exit at Zürich-Affoltern.
Parking:	Limited spots available at the Sportanlage Wisacher and in the surrounding industrial area.
Contact:	Michael Eberhard / michael.eberhard@bluewin.ch
Start lists/ live results:	Will be published shortly before the event on: https://swiss-athletics.ch/de/live-resultate/

Final timetable:

Last updated: 19th of August 2026.

Time	Men	Women	Time
15:00		100m 1 st run	15:00
15:20	100m 1 st run		15:20
15:30		Discus Throw*	15:30
16:00		400m Hurdles	16:00
16:30	400m Hurdles		16:30
16:50		100m 2 nd run	16:50
17:00		Long Jump	17:00
17:05	100m 2 nd run		17:05
17:30		Shot Put*	17:30
17:40		100m Hurdles (83,8cm)	17:40
17:55	110m Hurdles (99,1cm & 91.4cm)		17:55
18:05	110m Hurdles (106,7cm)		18:05
18:15		600m	18:15
18:30		Long Jump	18:30
18:35	600m	Long Jump	18:35
19:00		400m	19:00
19:30	400m		19:30
20:00		1500m (Pacemaker in all heats)	20:00
20:40	1500m (Pacemaker in all heats)		20:40
21:25		3000m Men & Women Mixed	21:25
21:40		3000m Race Walking Men & Women Mixed	21:40

Heat distribution:

The first heat will be the heat with the fastest athletes.