

ATLETISMO / ATHLETICS



Juegos Centroamericanos y del Caribe 2026 / Central American and Caribbean Games 2026

Programa de Competencia / Competition Program (Updated Jul 27)

DIA 1 - Primera Jornada - domingo, 2 de agosto de 2026 / DAY 1 - Sunday August 2nd - Morning

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
06:00	Media Maraton / Half Marathon	Fem/Female	Final
06:00	Media Maraton / Half Marathon	Masc/Male	Final
08:00	Media Maraton Marcha / Half Marathon Race Walk	Fem/Female	Final
08:00	Media Maratón Marcha / Half Marathon Race Walk	Masc/Male	Final

DIA 2 - Segunda Jornada - lunes, 3 de agosto de 2026 / DAY 2 - Monday August 3rd - Morning

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
08:00	100 metros / metres	Masc/Male	Decatlón/Decathlon
08:40	Salto de Longitud / Long Jump	Masc/Male	Decatlón/Decathlon
10:05	Impulso de Bala / Shot Put	Masc/Male	Decatlón/Decathlon

DIA 2 - Tercera Jornada - lunes, 3 de agosto de 2026 / DAY 2 - Monday August 3rd- Afternoon

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
15:00	Premiación/Awards: Media Maraton / Half Marathon (F-M), Marcha/Race Walk (F-M)		
16:00	Lanzamiento de Martillo / Hammer Throw	Fem/Female	Final
16:10	Salto de Altura / High Jump	Masc/Male	Decatlón/Decathlon
17:00	100 metros / metres	Masc/Male	Semi-Final Serie 1
17:08	100 metros / metres	Masc/Male	Semi-Final Serie 2
17:16	100 metros / metres	Masc/Male	Semi-Final Serie 3
17:24	100 metros / metres	Masc/Male	Semi-Final Serie 4
17:25	Impulso de Bala / Shot Put	Masc/Male	Final
17:30	100 metros / metres	Fem/Female	Semi-Final Serie 1
17:40	100 metros / metres	Fem/Female	Semi-Final Serie 2
17:50	100 metros / metres	Fem/Female	Semi-Final Serie 3
18:10	400 metros vallas / hurdles	Masc/Male	Semi-Final Serie 1
18:20	400 metros vallas / hurdles	Masc/Male	Semi-Final Serie 2
18:25	Salto de Altura / High Jump	Masc/Male	Final
18:30	400 metros vallas / hurdles	Fem/Female	Semi-Final Serie 1
18:40	400 metros vallas / hurdles	Fem/Female	Semi-Final Serie 2
18:45	Salto Triple / Triple Jump	Fem/Female	Final
18:55	5,000 metros / metres	Fem/Female	Final
19:20	400 metros / metres	Masc/Male	Decatlón/Decathlon
19:30	Premiación/Awards: Martillo/Hammer (F), Bala/Shot Put (M), S. Altura / High Jump (M), 5,000m (F)		
19:50	Relevos 4x400 metros / relays	Mixto/Mixed	Final
20:05	100 metros / metres	Masc/Male	Final
20:15	100 metros / metres	Fem/Female	Final
20:20	Premiación/Awards: Salto Triple/Triple Jump (F), 4x400 (Mix), 100m (M)(F)		

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DIA 3 - Cuarta Jornada - martes, 4 de agosto de 2026 / DAY 3 - Tuesday August 4th - Morning

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
08:00	110 metros vallas / hurdles	Masc/Male	Decatlón/Decathlon
09:00	Lanzamiento Disco / Discus Throw	Masc/Male	Decatlón/Decathlon

DIA 3 - Quinta Jornada - martes, 4 de agosto de 2026 / DAY 3 - Tuesday August 4th - Afternoon

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
16:00	Salto con Pértiga / Pole Vault	Masc/Male	Decatlón/Decathlon
16:15	Lanzamiento Jabalina / Javelin Throw	Fem/Female	Final
16:30	110 metros vallas / hurdles	Masc/Male	Semi-Final Serie 1
16:40	110 metros vallas / hurdles	Masc/Male	Semi-Final Serie 2
16:55	100 metros vallas / hurdles	Fem/Female	Semi-Final Serie 1
17:05	100 metros vallas / hurdles	Fem/Female	Semi-Final Serie 2
17:25	5,000 metros / metres	Masc/Male	Final
17:45	Premiación/Awards: Lanzamiento Jabalina / Javelin (F)		
17:55	Salto Longitud / Long Jump	Masc/Male	Final
18:00	400 metros / metres	Masc/Male	Semi-Final Serie 1
18:05	Lanzamiento Jabalina / Javelin Throw	Masc/Male	Decatlón/Decathlon
18:08	400 metros / metres	Masc/Male	Semi-Final Serie 2
18:16	400 metros / metres	Masc/Male	Semi-Final Serie 3
18:23	400 metros / metres	Fem/Female	Semi-Final Serie 1
18:30	400 metros / metres	Fem/Female	Semi-Final Serie 2
18:50	400 metros vallas / hurdles	Masc/Male	Final
19:00	400 metros vallas / hurdles	Fem/Female	Final
19:20	1,500 metros / metres	Masc/Male	Decatlón/Decathlon Final
19:35	Relevo 4x100 metros / relays	Mixto/Mixed	Final
19:45	Premiación/Awards: 5000m (M), S.Longitud/Long Jump (M), 400mv/mh (M)(F)		
	Premiación/Awards: Relevo/Relays 4x100m Mix, Decatlón/Decathlon (M)		

Día 4 - Sexta Jornada - miércoles, 5 de agosto de 2026 / DAY 4 - Wednesday August 5th - Afternoon

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
16:00	100 metros vallas / hurdles	Fem/Female	Heptatlón/Heptathlon
16:10	Lanzamiento Martillo / Hammer Throw	Masc/Male	Final
16:20	200 metros / metres	Masc/Male	Semi-Final Serie 1
16:30	200 metros / metres	Masc/Male	Semi-Final Serie 2
16:35	Salto de Altura / High Jump	Fem/Female	Heptatlón/Heptathlon
16:40	200 metros / metres	Masc/Male	Semi-Final Serie 3
16:50	200 metros / metres	Fem/Female	Semi-Final Serie 1
17:00	200 metros / metres	Fem/Female	Semi-Final Serie 2
17:10	200 metros / metres	Fem/Female	Semi-Final Serie 3
17:20	Premiación/Awards: Lanz. de Martillo / Hammer Throw (M)		

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DIA 4 / DAY 4

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
17:30	1,500 metros / metres	Masc/Male	Final
17:40	1,500 metros / metres	Fem/Female	Final
17:45	Salto Longitud / Long Jump	Fem/Female	Final
17:55	Impulso de Bala / Shot Put	Fem/Female	Heptatlón/Heptathlon
18:00	110 metros vallas / hurdles	Masc/Male	Final
18:10	Lanzamiento Disco / Discus Throw	Masc/Male	Final
18:15	100 metros vallas / hurdles	Fem/Female	Final
18:25	Premiación/Awards: 1,500m (M)(F), 110m vallas (M), 100m vallas (F)		
18:45	400 metros / metres	Masc/Male	Final
18:55	400 metros / metres	Fem/Female	Final
19:05	200 metros / metres	Fem/Female	Heptatlón/Heptathlon
19:10	Premiación/Awards: S.Longitud/Long Jump (F), L.Disco/Discus (M), 400m (M)(F)		

DIA 5 - Séptima Jornada - jueves, 6 de agosto de 2026 / DAY 5 - Thursday August 6th - Afternoon

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
15:30	Salto Longitud / Long Jump	Fem/Female	Heptatlón/Heptathlon
15:45	Lanzamiento Jabalina / Javelin Throw	Masc/Male	Final
16:00	Salto con Pértiga / Pole Vault	Masc/Male	Final
16:15	800 metros / metres	Masc/Male	Semi-Final Serie 1
16:25	800 metros / metres	Masc/Male	Semi-Final Serie 2
16:35	800 metros / metres	Fem/Female	Semi-Final Serie 1
16:45	800 metros / metres	Fem/Female	Semi-Final Serie 2
16:55	Premiación/Awards: Lanz. Jabalina / Javelin Throw (M)		
17:05	Impulso de Bala / Shot Put	Fem/Female	Final
17:10	200 metros / metres	Masc/Male	Final
17:20	200 metros / metres	Fem/Female	Final
17:30	Lanzamiento de la Jabalina	Fem/Female	Heptatlón/Heptathlon
17:35	Premiación/Awards: 200m (M)(F)		
17:45	10,000 metros / metres	Fem/Female	Final
18:25	Premiación/Awards: S.Pértiga/Pole Vault (M), I.Bala/Shot Put (F), 10,000m (F)		
18:40	800 metros / metres	Fem/Female	Heptatlón/Heptathlon FINAL
18:50	Relevo 4x100 metros / relays	Masc/Male	Final
19:00	Relevo 4x100 metros / relays	Fem/Female	Final
19:10	Premiación/Awards: Heptatlón/Heptathlon (F), 4x100m (M)(F)		

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DIA 6 - Octava Jornada - viernes, 7 de agosto de 2026 / DAY 6 - Friday August 7th - Afternoon

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
17:00	Salto con Pértiga / Pole Vault	<i>Fem/Female</i>	Final
17:10	Salto de Altura / High Jump	<i>Fem/Female</i>	Final
17:15	Lanzamiento Disco / Discus Throw	<i>Fem/Female</i>	Final
17:35	800 metros / metres	Masc/Male	Final
17:45	800 metros / metres	<i>Fem/Female</i>	Final
18:00	3,000 metros obstáculos / steeplechase	Masc/Male	Final
18:20	3,000 metros obstáculos / steeplechase	<i>Fem/Female</i>	Final
18:30	Salto Triple / Triple Jump	Masc/Male	Final
18:40	Premiación/Awards: Lanz. Disco/Discus (F), 800m (M)(F)		
19:05	10,000 metros / metres	Masc/Male	Final
19:45	Premiación/Awards: S.Pértiga/Pole Vault (F), S.Altura/High Jump (F), 3,000m obs./steep (M)(F)		
20:00	Relevo 4x400 metros	Masc/Male	Final
20:15	Relevo 4x400 metros	<i>Fem/Female</i>	Final
20:30	Premiación/Awards: 10,000m (M), Salto Triple/Triple Jump (M), 4x400m (M)(F)		

DIA 7 - Novena Jornada - sábado, 8 de agosto de 2026 / DAY 7 - Saturday 8th

Hora/Time	Prueba/Event	Sexo/Gender	Fase/Serie
06:00	Maratón Marcha / Marathon Race Walk	<i>Fem/Female</i>	Final
10:00	Premiación/Awards: Maratón Marcha / Marathon Race Walk (F)		

