

European Athletics U20 Championships
Jerusalem/ISR, 07-10 August 2023



TIMETABLE

DAY 1 - Monday, Morning, 7 August			
08:00	3000m SC	W	R1
08:25	High Jump	W	QAB
08:30	3000m	W	R1
08:35	Pole Vault	M	QAB
09:00	3000m	M	R1
09:05	Hammer Throw	W	QA
09:40	100m H Hep	W	
10:10	400m	M	R1
10:20	Hammer Throw	W	QB
10:40	High Jump Hep	W	AB
10:45	Long Jump	M	QAB
10:45	400m	W	R1

DAY 2 - Tuesday, Morning, 8 August			
08:00	3000m SC	M	R1
08:00	Hammer Throw	M	QA
08:30	Pole Vault	W	QAB
08:35	400m H	W	R1
08:40	Long Jump Hep	W	AB
09:05	400m H	M	R1
09:10	Hammer Throw	M	QB
09:40	400m	W	SF
09:55	400m	M	SF
10:25	200m	W	R1
10:25	Javelin Throw Hep	W	A
10:30	Shot Put	M	QAB
10:55	200m	M	R1
11:35	Javelin Throw Hep	W	B

DAY 3 - Wednesday, Morning, 8 August			
07:00	10,000 Race Walk	W	Final
08:00	Discus Throw	W	QA
08:05	Long Jump	W	QAB
08:40	100m Dec	M	
09:05	Shot Put	M	Final
09:05	3000m	W	Final
09:10	Discus Throw	W	QB
09:25	1500m	M	Final
09:30	Long Jump Dec	M	AB
09:40	4x400m Relay	W	R1
10:05	4x400m Relay	M	R1
10:27	Javelin Throw	W	QA
10:35	400m H	M	SF
10:45	Triple Jump	M	QAB
10:55	400m H	W	SF
11:00	Shot Put Dec	M	AB
11:10	200m	W	SF
11:25	200m	M	SF
11:35	Javelin Throw	W	QB

DAY 4 - Thursday, Morning, 7 July			
07:00	10,000m Race Walk	M	Final
08:10	110m H Dec	M	
08:50	Discus Throw Dec	M	A
09:00	High Jump	M	Final
09:15	Long Jump	W	Final
09:30	4 x 100m Relay	W	R1
09:55	4 x 100m Relay	M	R1
10:00	Discus Throw Dec	M	B
10:45	Pole Vault Dec	M	A
11:25	Pole Vault Dec	M	B

DAY 1 - Monday, Evening, 7 August		
16:30	Opening Ceremony	OC
17:00	Javelin Throw	M QA
17:00	100m	M R1
17:30	100m	W R1
18:00	Shot Put Hep	W AB
18:08	Javelin Throw	M QB
18:10	110m H	M R1
18:45	100m H	W R1
18:50	Triple Jump	W QAB
19:20	1500m	W R1
19:28	Discus Throw	M QA
19:40	Shot Put	W QAB
19:40	1500m	M R1
20:05	100m	M SF
20:20	100m	W SF
20:35	Discus Throw	M QB
20:45	200m Hep	W

DAY 2 - Tuesday, Evening, 8 August			
17:00	High Jump	M	QAB
17:05	Hammer Throw	W	Final
17:10	Long Jump	M	Final
17:30	110m H	M	SF
17:55	100m H	W	SF
18:15	800m	W	R1
18:35	800m	M	R1
19:00	800m Hep	W	
19:04	Triple Jump	W	Final
19:07	Discus Throw	M	Final
19:20	Shot Put	W	Final
19:30	110m H	M	Final
19:45	100m H	W	Final
20:00	100m	W	Final
20:10	100m	M	Final

DAY 3 - Wednesday, Evening, 6 July			
17:00	High Jump Dec	M	AB
17:30	Pole Vault	M	Final
18:05	Hammer Throw	M	Final
18:52	400m	M	Final
19:07	400m	W	Final
19:15	High Jump	W	Final
19:20	1500m	F	Final
19:35	3000m	M	Final
19:50	Javelin Throw	M	Final
19:55	200m	W	Final
20:05	200m	M	Final
20:15	3000m SC	W	Final
20:37	400m Dec	M	

DAY 4 - Thursday, Evening, 7 July			
16:00	Javelin Throw Dec	M	A
17:05	Javelin Throw Dec	M	B
17:20	Pole Vault	W	Final
17:30	400m H	W	Final
17:45	400m H	M	Final
18:05	800m	W	Final
18:10	Javelin Throw	W	Final
18:15	800m	M	Final
18:30	3000m SC	M	Final
18:55	4 x 100m Relay	W	Final
19:05	4 x 100m Relay	M	Final
19:20	5000m	W	Final
19:30	Triple Jump	M	Final
19:52	Discus Throw	W	Final
19:55	1500m Dec	M	Final
20:20	5000m	M	Final
20:55	4 x 400m Relay	W	Final
21:05	4 x 400m Relay	M	Final