European Athletics U23 Championships 2023
Espoo/FIN

DAY 1 - Thursday, 13 July - Morning session			
09:40	Hammer Throw	W	Q A
09:45	100m H Hep	W	
10:00	Pole Vault	W	Q A+B
10:25	100m	W	R1
10:30	High Jump Hep	W	A+B
10:50	Hammer Throw	W	Q B
10:55	100m	W	R1
11:50	800m	W	R1
12:05	Discus Throw	M	Q A
12:15	Shot Put	W	Q A+B
12:20	1500m	M	R1
12:35	High Jump	M	Q A+B
13:00	400m	W	R1
13:15	Discus Throw	M	Q B
13:30	400m	M	R1

DAY 2 - Friday, 14 July - Morning session			
09:40	Discus Throw	W	Q A
10:00	400m H	M	R1
10:15	Long Jump Hep	W	A+B
10:40	400m H	W	R1
10:45	High Jump	W	Q A+B
10:50	Discus Throw	W	Q B
11:30	**5000m**	**M**	**Final**
12:05	110m H	M	R1
12:10	Javelin Throw	W	Q A
12:15	Triple Jump	M	Q A+B
12:50	100m H	W	R1
13:20	Javelin Throw	W	Q B
13:30	800m	M	R1
14:00	5000m	W	MC
14:06	5000m	M	MC

DAY 3 - Saturday, 15 July - Morning session			
10:00	100m Dec	M	
10:10	Shot Put	M	Q A+B
10:30	3000m SC	M	R1
10:50	Long Jump Dec	M	A+B
11:05	**Discus Throw**	**M**	**Final**
11:15	1500m	W	R1
11:45	400m H	W	SF
12:10	400m H	M	SF
12:20	Shot Put Dec	M	A+B
12:35	4 x 100m Relay	M	R1
12:45	**Hammer Throw**	**M**	**Final**
12:50	4 x 100m Relay	W	R1
13:05	Long Jump	W	Q A+B
13:15	4 x 400m Relay	M	R1
13:35	4 x 400m Relay	W	R1
14:00	100m	W	MC
14:06	100m	M	MC
14:12	Hammer Throw	M	MC
14:18	Long Jump	M	MC
14:24	Discus Throw	M	MC
14:30	Hammer Throw	W	MC

DAY 4 - Sunday, 16 July - Morning session			
10:00	110m H Dec	M	
10:40	Discus Throw Dec	M	A
10:50	**10,000m**	**M**	**Final**
11:30	200m	W	SF
11:45	Discus Throw Dec	M	B
11:45	200m	M	SF
12:15	**400m H**	**M**	**Final**
12:30	Pole Vault Dec	M	A
12:35	**400m H**	**W**	**Final**
12:50	**Discus Throw**	**W**	**Final**
13:35	Pole Vault Dec	M	B
14:00	1500m	M	MC
14:06	10,000m	W	MC
14:12	Triple Jump	M	MC
14:18	100m H	W	MC
14:24	110m H	M	MC
14:30	High Jump	M	MC

DAY 0 - Wednesday, 12 July - Evening session			
18:00	**20km Race Walk**	**W**	**Final**
18:30	**20km Race Walk**	**M**	**Final**
20:40	20km Race Walk	W	MC
20:46	20km Race Walk	M	MC

DAY 1 - Thursday, 13 July - Evening session			
16:05	Opening Ceremony		OC
16:35	Hammer Throw	M	Q A
16:45	Shot Put Hep	W	A+B
17:05	100m	W	SF
17:20	Long Jump	M	Q A+B
17:30	100m	M	SF
17:45	Hammer Throw	M	Q B
17:55	400m	W	SF
18:05	**Shot Put**	**W**	**Final**
18:30	400m	M	SF
19:00	200m Hep	W	
19:05	Javelin Throw	M	Q A
19:30	3000m SC	W	R1
19:40	Triple Jump	W	Q A+B
20:15	Javelin Throw	M	Q B
20:35	**5000m**	**W**	**Final**
21:00	Shot Put	W	MC

DAY 2 - Friday, 14 July - Evening session			
17:00	Javelin Throw Hep	W	A
17:55	Triple Jump	W	Final
18:00	110m H	M	SF
18:20	Pole Vault	M	Q A+B
18:20	Javelin Throw Hep	W	B
18:25	100m H	W	SF
19:05	**400m**	**W**	**Final**
19:20	**400m**	**M**	**Final**
19:35	**800m**	**W**	**Final**
19:45	**Hammer Throw**	**W**	**Final**
19:50	**Long Jump**	**M**	**Final**
19:55	**800m Hep**	**W**	**Final**
20:35	**100m**	**W**	**Final**
20:50	**100m**	**M**	**Final**
21:00	400m	W	MC
21:06	400m	M	MC
21:12	Triple Jump	W	MC
21:18	800m	W	MC
21:24	Heptathlon	W	MC

DAY 3 - Saturday, 15 July - Evening session			
16:15	High Jump Dec	M	A+B
16:35	**Pole Vault**	**W**	**Final**
16:40	**4 x 100m Relay**	**W**	**Final**
16:45	**Javelin Throw**	**M**	**Final**
16:50	**4 x 100m Relay**	**M**	**Final**
17:05	**3000m SC**	**W**	**Final**
17:25	200m	W	R1
17:50	200m	M	R1
18:15	**Shot Put**	**M**	**Final**
18:20	**1500m**	**M**	**Final**
18:35	**10,000m**	**W**	**Final**
18:45	**High Jump**	**M**	**Final**
19:05	**Triple Jump**	**M**	**Final**
19:20	400m Dec	M	
19:55	**110m H**	**M**	**Final**
20:10	**100m H**	**W**	**Final**
20:15	Javelin Throw	M	MC
20:21	Pole Vault	W	MC
20:27	3000m SC	W	MC
20:33	Shot Put	M	MC
20:39	4 x 100m Relay	W	MC
20:45	4 x 100m Relay	M	MC

DAY 4 - Sunday, 16 July - Evening session			
16:25	Discus Throw	W	MC
16:30	Javelin Throw Dec	M	A
16:31	10,000m	M	MC
16:37	400m H	M	MC
16:43	400m H	W	MC
16:50	**High Jump**	**W**	**Final**
17:15	**3000m SC**	**M**	**Final**
17:25	**Pole Vault**	**M**	**Final**
17:35	Javelin Throw Dec	M	B
17:40	**200m**	**W**	**Final**
17:55	**200m**	**M**	**Final**
18:00	3000m SC	M	MC
18:10	**800m**	**M**	**Final**
18:15	200m	W	MC
18:25	**1500m**	**W**	**Final**
18:30	200m	M	MC
18:35	**Long Jump**	**W**	**Final**
18:40	**Javelin Throw**	**W**	**Final**
18:45	**4 x 400m Relay**	**M**	**Final**
18:50	800m	M	MC
19:05	**4 x 400m Relay**	**W**	**Final**
19:10	1500m	W	MC
19:16	High Jump	W	MC
19:30	**1500m Dec**	**M**	**Final**
19:56	Pole Vault	M	MC
20:02	Long Jump	W	MC
20:08	Javelin Throw	W	MC
20:14	Decathlon	M	MC
20:20	4 x 400m Relay	M	MC
20:26	4 x 400m Relay	W	MC

MC =Medal Ceremony