

Nordic-Baltic U23 Championships

Jessheim friidrettsstadion, Ullensaker/Kisa IL Friidrett

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Saturday 21. July 2012

12:00	Opening ceremony	
12:20	400m hurdles	Women
12:20	Pole vault	Women
12:20	Hammer	Men
12:25	Long Jump	Women
12:45	400m hurdles	Men
13:05	800m	Men
13:15	100m	Men
13:15	Javelin	Women
13:25	Shot Put	Men
13:35	100m	Women
13:55	5000m	Men
13:55	High Jump	Men
14:00	Triple Jump	Men
14:20	1500m	Women
14:20	Discus	Women
14:35	400m	Men
14:55	400m	Women
15:20	4x100m	Men
15:35	4x100m	Women

Sunday 22. July 2012

11:00	Opening	
11:05	100m hurdles	Women
11:05	Pole vault	Men
11:05	Hammer	Women
11:10	Long Jump	Men
11:30	110m hurdles	Men
11:50	200m	Men
12:00	Javelin	Men
12:10	200m	Women
12:10	Shot Put	Women
12:30	5000m	Women
12:40	High Jump	Women
12:45	Triple Jump	Women
13:00	1500m	Men
13:05	Discus	Men
13:15	800m	Women
13:25	3000m SC	Men
13:45	3000m SC	Women
14:05	4x400m	Women
14:15	4x400m Men	Men