

European Athletics U23 Championships 2023

Espoo/FIN

(updated after the final entries)

	DAY 1 - Thursday, 13 July - Morning session	DAY 2 - Friday, 14 July - Morning session	DAY 3 - Saturday, 15 July - Morning session	DAY 4 - Sunday, 16 July - Morning session
	09:40 Hammer Throw W Q A	09:40 Discus Throw W Q A	10:00 100m Dec M	10:00 110m H Dec M
	09:45 100m H Hep W R1	10:00 400m H M R1	10:20 3000m SC M R1	10:40 Discus Throw Dec M A
	10:25 100m W R1	10:15 Long Jump Hep W A+B	10:50 Long Jump Dec M A+B	10:50 10,000m M Final
	10:30 High Jump Hep W A+B	10:40 400m H W R1	10:50 Discus Throw M Final	11:30 200m W SF
	10:40 Pole Vault W Q A+B	10:50 Discus Throw W Q B	11:15 1500m W R1	11:50 Discus Throw Dec M B
	10:50 Hammer Throw W Q B	11:00 High Jump W Q A+B	11:50 400m H W SF	11:45 200m M SF
	10:55 100m M R1	11:30 5000m M Final	12:10 400m H M SF	12:15 400m H M Final
	11:50 800m W R1	12:05 110m H M R1	12:20 Shot Put Dec M A+B	12:30 Pole Vault Dec M A
	12:05 Discus Throw M Q A	12:10 Javelin Throw W Q A	12:30 4 x 100m Relay M R1	12:35 400m H W Final
	12:20 1500m M R1	12:15 Triple Jump M Q A+B	12:45 Hammer Throw M Final	13:00 Discus Throw W Final
	12:40 Shot Put W Q A+B	12:55 100m H W R1	12:50 4 x 100m Relay W R1	13:35 Pole Vault Dec M B
	13:00 400m W R1	13:20 Javelin Throw W Q B	13:05 Long Jump W Q A+B	14:00 1500m M MC
	13:15 Discus Throw M Q B	13:40 800m M R1	13:15 4 x 400m Relay M R1	14:06 10,000m W MC
	13:30 400m M R1	14:00 5000m W MC	13:35 4 x 400m Relay W R1	14:12 Triple Jump M MC
		14:06 5000m M MC	14:00 100m W MC	14:18 100m H W MC
			14:06 100m M MC	14:24 110m H M MC
			14:12 Hammer Throw M MC	14:30 High Jump M MC
			14:18 Long Jump M MC	
			14:24 Discus Throw M MC	
			14:30 Hammer Throw W MC	
DAY 0 - Wednesday, 12 July - Evening session	DAY 1 - Thursday, 13 July - Evening session	DAY 2 - Friday, 14 July - Evening session	DAY 3 - Saturday, 15 July - Evening session	DAY 4 - Sunday, 16 July - Evening session
18:00 20km Race Walk W Final	16:05 Opening Ceremony OC	17:00 Javelin Throw Hep W A	16:00 High Jump Dec M A+B	16:25 Discus Throw W MC
18:30 20km Race Walk M Final	16:45 Shot Put Hep W A+B	17:55 Triple Jump W Final	16:35 Pole Vault W Final	16:30 Javelin Throw Dec M A
20:40 20km Race Walk W MC	17:05 100m W SF	18:00 110m H M SF	16:40 4 x 100m Relay W Final	16:31 10,000m M MC
20:46 20km Race Walk M MC	17:20 Long Jump M Q A+B	18:20 Pole Vault M Q A+B	16:45 Javelin Throw M Final	16:37 400m H M MC
	17:30 100m M SF	18:20 Javelin Throw Hep W B	16:50 4 x 100m Relay M Final	16:43 400m H W MC
	17:55 400m W SF	18:25 100m H W SF	17:05 3000m SC W Final	16:50 High Jump W Final
	18:05 Shot Put W Final	19:05 400m W Final	17:25 1500m M Final	17:15 3000m SC M Final
	18:30 400m M SF	19:20 400m M Final	17:40 10,000m W Final	17:10 Pole Vault M Final
	18:45 Hammer Throw M Q A	19:35 800m W Final	18:20 Shot Put M Final	17:35 Javelin Throw Dec M B
	19:00 200m Hep W	19:45 Hammer Throw W Final	18:25 200m W R1	17:40 200m W Final
	19:30 3000m SC W R1	19:50 Long Jump M Final	18:45 High Jump M Final	17:55 200m M Final
	19:40 Triple Jump W Q A+B	19:55 800m Hep W Final	18:50 200m M R1	18:00 3000m SC M MC
	19:50 Hammer Throw M Q B	20:35 100m W Final	19:05 Triple Jump M Final	18:10 800m M Final
	20:35 5000m W Final	20:50 100m M Final	19:30 400m Dec M	18:15 200m W MC
	21:00 Shot Put W MC	21:00 400m M MC	19:55 110m H M Final	18:25 1500m W Final
		21:06 400m M MC	20:10 100m H W Final	18:30 200m M MC
		21:12 Triple Jump W MC	20:15 Javelin Throw M MC	18:35 Long Jump W Final
		21:18 800m W MC	20:21 Pole Vault W MC	18:45 Javelin Throw W Final
		21:24 Heptathlon W MC	20:27 3000m SC W MC	18:45 4 x 400m Relay M Final
			20:33 Shot Put M MC	18:50 800m M MC
			20:39 4 x 100m Relay W MC	19:05 4 x 400m Relay W Final
			20:45 4 x 100m Relay M MC	19:10 1500m W MC
				19:16 High Jump W MC
				19:45 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