



EUROPEAN ATHLETICS U23 CHAMPIONSHIPS

TIMETABLE

17-20 JULY 2025 FANA STADIUM

DAY 1 • Thursday, 17 July

MORNING SESSION			
09:30	100m Dec	M	
09:55	Discus Throw	M	Q A
10:15	400m H	W	R1
10:30	Shot Put	W	Q A+B
10:33	Long Jump Dec	M	A+B
11:00	Discus Throw	M	Q B
11:05	400m H	M	R1
11:55	100m	W	R1
12:00	Pole Vault	M	Q A+B
12:30	100m	M	R1
12:45	Hammer Throw	W	Q A
13:15	400m	M	R1
13:25	Shot Put Dec	M	A+B
13:50	Hammer Throw	W	Q B
13:55	400m	W	R1

EVENING SESSION			
16:00	High Jump Dec	M	A+B
16:05	Triple Jump	W	Q A+B
16:10	100m H	W	R1
16:15	Javelin Throw	W	Q A
17:15	110m H	M	R1
17:30	Javelin Throw	W	Q B
17:40	Long Jump	M	Q A+B
18:00	800m	W	R1
18:35	1500m	M	R1
18:55	Javelin Throw	M	Q A
19:00	10,000m	M	Final
19:15	High Jump	W	Q A+B
19:20	Shot Put	W	Final
19:55	400m Dec	M	
20:15	Javelin Throw	M	Q B
20:30	100m	W	SF
20:50	100m	M	SF

DAY 2 • Friday, 18 July

MORNING SESSION			
09:00	110m H Dec	M	
09:05	Pole Vault	W	Q A+B
10:00	Discus Throw Dec	M	A
10:50	200m	M	R1
11:15	Discus Throw Dec	M	B
11:30	200m	W	R1
12:00	Pole Vault Dec	M	A
12:10	3000m SC	W	R1
12:45	Pole Vault Dec	M	B
12:50	1500m	W	R1
13:30	800m	M	R1

EVENING SESSION			
15:30	Discus Throw	M	Final
15:35	100m H	W	SF
16:00	Triple Jump	W	Final
16:10	110m H	M	SF
16:50	400m H	W	SF
17:20	400m H	M	SF
17:25	Javelin Throw Dec	M	A
17:53	400m	M	SF
18:00	High Jump	M	Q A+B
18:05	Long Jump	M	Final
18:15	400m	W	SF
18:35	100m	W	Final
18:40	Javelin Throw Dec	M	B
18:50	100m	M	Final
19:15	100m H	W	Final
19:30	110m H	M	Final
19:50	10,000m	W	Final
20:00	Hammer Throw	W	Final
20:45	1500m Dec	M	Final

DAY 3 • Saturday, 19 July

MORNING SESSION			
09:00	Hammer Throw	M	Q A
09:50	Shot Put	M	Q A+B
10:05	100m H Hep	W	
10:23	Hammer Throw	M	Q B
10:40	200m	M	SF
11:00	200m	W	SF
11:20	High Jump Hep	W	A+B
11:30	Long Jump	W	Q A+B
11:35	10000m Race Walk	W	Final
11:50	Discus Throw	W	Q A
12:50	3000m SC	M	R1
13:05	Triple Jump	M	Q A+B
13:20	Discus Throw	W	Q B

EVENING SESSION			
17:05	Javelin Throw	M	Final
17:10	High Jump	W	Final
17:15	400m H	M	Final
17:25	Shot Put Hep	W	A+B
17:30	400m H	W	Final
17:45	1500m	M	Final
18:00	400m	W	Final
18:10	Pole Vault	M	Final
18:15	400m	M	Final
18:30	5000m	M	Final
18:55	Javelin Throw	W	Final
19:20	3000m SC	W	Final
19:40	800m	W	Final
19:50	Shot Put	M	Final
19:55	200m Hep	W	
20:40	200m	M	Final
21:00	200m	W	Final

DAY 4 • Sunday, 20 July

MORNING SESSION			
10:00	Long Jump Hep	W	A+B
10:05	4 x 400m Relay	W	R1
10:30	4 x 400m Relay	M	R1
10:40	Pole Vault	W	Final
11:10	10000m Race Walk	M	Final
11:20	Javelin Throw Hep	W	A
11:30	Triple Jump	M	Final
12:15	4 x 100m Relay	W	R1
12:32	4 x 100m Relay	M	R1
12:35	Javelin Throw Hep	W	B
13:05	3000m SC	M	Final

EVENING SESSION			
15:35	Hammer Throw	M	Final
16:15	1500m	W	Final
16:25	High Jump	M	Final
16:35	5000m	W	Final
17:00	800m	M	Final
17:15	Long Jump	W	Final
17:25	4 x 100m Relay	W	Final
17:50	4 x 100m Relay	M	Final
18:20	Discus Throw	W	Final
18:25	800m Hep	W	Final
19:15	4 x 400m Relay	W	Final
19:40	4 x 400m Relay	M	Final