

**BALTIC U20 INDOOR TEAM CHAMPIONSHIPS 2025**  
**08.03.2025., Valmiera**

**TIMETABLE**

13:45	Opening Ceremony	
14:00	60 mH	M
14:05	Pole Vault	W
14:10	Long Jump	W, M
14:15	60 mH	W
14:20	High Jump	M
14:25	60 m	M
14:30	60 m	W
15:00	400 m	M
15:05	Shot Put	W, M
15:10	400 m	W
15:20	1500 m	M
15:35	1500 m	W
15:45	Triple Jump	W
15:50	800 m	M
15:55	High Jump	W
16:00	800 m	W
16:05	Pole Vault	M
16:15	200 m	M
16:25	200 m	W
<b>16:40</b>	<b>3000 m</b>	<b>W</b>
16:45	Triple Jump	M
<b>17:00</b>	<b>3000 m</b>	<b>M</b>
17:30	4x400 m	M/W/M/W
17:45	Victory Ceremony	