

EUROPEAN ATHLETICS U20 CHAMPIONSHIPS  
TAMPERE, FIN 7-10 AUGUST 2025

| DAY 1 - Thursday Morning, 7 August   | DAY 2 - Friday Morning, 8 August   | DAY 3 - Saturday Morning, 9 August   | DAY 4 - Sunday Morning, 10 August   |
|--------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|
| 09:30 100m Dec M Heats               | 09:15 Pole Vault W Q A+B           | 09:00 10000m RW W F                  | 09:45 400m M MC                     |
| 10:00 400m W R1                      | 09:30 110m H Dec M Heats           | 09:35 Javelin Throw M Q A            | 09:50 400m W MC                     |
| 10:05 Hammer Throw M Q A             | 10:10 3000m SC W R1                | 10:15 100m H Hep W Heats             | 10:00 Long Jump Hep W AB            |
| 10:30 Long Jump Dec M A+B            | 10:20 Discus Throw Dec M A         | 10:40 100m H W R1                    | 10:25 10000m RW M F                 |
| 10:50 400m M R1                      | 11:10 200m M R1                    | 10:50 Javelin Throw M Q B            | 10:30 High Jump M F                 |
| 11:20 Hammer Throw M Q B             | 11:30 Discus Throw Dec M B         | 10:55 Long Jump W Q A+B              | 11:20 Javelin Throw Hep W A         |
| 11:50 100m W R1                      | 12:00 200m W R1                    | 11:25 110m H M R1                    | 11:25 Pole Vault W F                |
| 12:00 Long Jump M Q A+B              | 12:15 Pole Vault Dec M A           | 11:30 High Jump Hep W AB             | 11:40 110m H M SF                   |
| 12:15 Shot Put Dec M A+B             | 12:20 Shot Put M F                 | 12:15 3000m SC M R1                  | 12:30 100m H W SF                   |
| 12:40 100m M R1                      | 12:45 Hammer Throw W Q A           | 12:45 Javelin Throw W F              | 12:50 Javelin Throw Hep W B         |
| 12:45 Discus Throw W Q A             | 12:55 Pole Vault Dec M B           | 12:40 Triple Jump M Q A+B            | 13:05 3000m W F                     |
| 13:25 Shot Put M Q A+B               | 13:00 1500m M R1                   | 12:50 4 x 400m Relay W R1            | 13:45 Pole Vault M MC               |
| 13:35 400m H M R1                    | 13:35 3000m W R1                   | 13:25 4 x 400m Relay M R1            | 13:50 10000m RW M MC                |
| 13:45 Triple Jump W Q A+B            | 13:55 Hammer Throw W Q B           | 14:00 200m M SF                      | 13:55 High Jump M MC                |
| 14:00 Discus Throw W Q B             |                                    | 14:30 200m W SF                      |                                     |
| DAY 1 - Thursday Afternoon, 7 August | DAY 2 - Friday Afternoon, 8 August | DAY 3 - Saturday Afternoon, 9 August | DAY 4 - Sunday Afternoon, 10 August |
| 16:15 Discus Throw M Q A             | 15:40 Shot Put M MC                | 16:40 Javelin Throw W MC             | 16:25 Pole Vault W MC               |
| 16:25 400m H W R1                    | 15:50 Hammer Throw M F             | 16:45 10000m RW W MC                 | 16:30 3000m W MC                    |
| 16:30 High Jump Dec M A+B            | 16:00 High Jump M Q A+B            | 17:00 Shot Put Hep W AB              | 16:45 Triple Jump M F               |
| 17:15 3000m M R1                     | 16:35 400m M SF                    | 17:05 400m H M F                     | 17:00 Shot Put W F                  |
| 17:35 Discus Throw M Q B             | 17:05 Triple Jump W F              | 17:15 Discus Throw M F               | 17:30 High Jump W F                 |
| 17:55 800m M R1                      | 17:10 400m W SF                    | 17:20 400m H W F                     | 17:50 4 x 100m Relay W F            |
| 18:00 Pole Vault M Q A+B             | 17:30 Javelin Throw Dec M A        | 17:35 200m W F                       | 18:05 4 x 100m Relay M F            |
| 18:45 1500m W R1                     | 17:40 800m W R1                    | 17:45 200m M F                       | 18:15 3000m SC M F                  |
| 19:05 Javelin Throw W Q A            | 18:25 5000m M F                    | 17:55 3000m SC W F                   | 18:35 Javelin Throw M F             |
| 19:15 5000m W F                      | 18:35 Javelin Throw Dec M B        | 18:10 Pole Vault M F                 | 18:45 1500m M F                     |
| 19:25 High Jump W Q A+B              | 18:55 400m H M SF                  | 18:15 200m Hep W Heats               | 18:55 Long Jump W F                 |
| 19:45 400m Dec M Heats               | 19:15 Long Jump M F                | 18:25 Shot Put W Q A+B               | 19:00 800m W F                      |
| 20:20 100m W SF                      | 19:25 400m H W SF                  | 18:40 800m M F                       | 19:15 110m H M F                    |
| 20:25 Javelin Throw W Q B            | 19:50 Discus Throw W F             | 18:55 1500m W F                      | 19:30 100m H W F                    |
| 20:50 100m M SF                      | 19:55 1500m Dec M F                | 19:05 Hammer Throw W F               | 19:40 800m Hep W F                  |
| 21:20 5000m W MC                     | 20:40 100m W F                     | 19:10 4 x 100m Relay W R1            | 20:05 4 x 400m Relay W F            |
|                                      | 21:00 100m M F                     | 19:40 4 x 100m Relay M R1            | 20:15 4 x 400m Relay M F            |
|                                      | 21:15 Hammer Throw M MC            | 20:05 3000m M F                      | 20:35 4 x 100m Relay W MC           |
|                                      | 21:20 Triple Jump W MC             | 20:25 400m M F                       | 20:40 4 x 100m Relay M MC           |
|                                      | 21:25 5000m M MC                   | 20:35 400m W F                       | 20:45 3000m SC M MC                 |
|                                      | 21:30 Long Jump M MC               | 20:50 400m H W MC                    | 20:50 Triple Jump M MC              |
|                                      | 21:35 Discus Throw W MC            | 20:55 400m H M MC                    | 20:55 Shot Put W MC                 |
|                                      | 21:40 Decathlon M MC               | 21:00 100m W MC                      | 21:00 Javelin Throw M MC            |
|                                      |                                    | 21:05 100m M MC                      | 21:05 1500m M MC                    |
|                                      |                                    | 21:10 Discus Throw M MC              | 21:10 800m W MC                     |
|                                      |                                    | 21:15 3000m SC W MC                  | 21:15 110m H M MC                   |
|                                      |                                    | 21:20 800m M MC                      | 21:20 100m H W MC                   |
|                                      |                                    | 21:25 200m W MC                      | 21:25 Heptathlon W MC               |
|                                      |                                    | 21:30 200m M MC                      | 21:30 High Jump W MC                |
|                                      |                                    | 21:35 Hammer Throw W MC              | 21:35 Long Jump W MC                |
|                                      |                                    | 21:40 3000m M MC                     | 21:40 4 x 400m Relay W MC           |
|                                      |                                    | 21:45 1500m W MC                     | 21:45 4 x 400m Relay M MC           |