

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
09:45 100m Dec M Heats	09:30 110m H Dec M Heats	09:30 10000m RW W F	09:50 400m M MC
10:05 Hammer Throw M Q A	09:35 Pole Vault W Q A+B	09:35 Javelin Throw M Q A	09:55 400m W MC
10:35 400m W R1	10:10 3000m SC W R1	10:45 100m H Hep W Heats	10:00 Long Jump Hep W AB
10:45 Long Jump Dec M A+B	10:20 Discus Throw Dec M A	10:50 Javelin Throw M Q B	10:25 10000m RW M F
11:15 400m M R1	11:10 200m M R1	10:55 Long Jump W Q A+B	10:30 High Jump M F
11:20 Hammer Throw M Q B	11:20 Discus Throw Dec M B	11:10 100m H W R1	11:20 Javelin Throw Hep W A
11:55 100m W R1	11:45 200m W R1	11:35 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	11:45 High Jump Hep W AB	11:50 110m H M SF
12:15 Shot Put Dec M A+B	12:20 Shot Put M F	12:05 3000m SC M R1	12:40 Javelin Throw Hep W B
12:30 100m M R1	12:30 Hammer Throw W Q A	12:35 Javelin Throw W F	12:45 100m H W SF
12:45 Discus Throw W Q A	12:35 Pole Vault Dec M B	12:40 Triple Jump M Q A+B	13:05 3000m W F
13:15 400m H M R1	13:00 1500m M R1	12:50 4 x 400m Relay W R1	13:45 Pole Vault M MC
13:25 Shot Put M Q A+B	13:35 3000m W R1	13:15 4 x 400m Relay M R1	13:50 10000m RW M MC
13:45 Triple Jump W Q A+B	13:45 Hammer Throw W Q B	13:45 200m M SF	13:55 High Jump M MC
13:55 400m H W R1		14:05 200m W SF	
14:00 Discus Throw W Q B			
DAY 1 - Thursday Afternoon, 7 August	DAY 2 - Friday Afternoon, 8 August	DAY 3 - Saturday Afternoon, 9 August	DAY 4 - Sunday Afternoon, 10 August
16:25 Discus Throw M Q A	15:40 Shot Put M MC	16:40 Javelin Throw W MC	16:25 Pole Vault W MC
16:30 High Jump Dec M A+B	15:50 Hammer Throw M F	16:45 10000m RW W MC	16:30 3000m W MC
17:25 3000m M R1	16:00 High Jump M Q A+B	17:05 400m H M F	16:45 Triple Jump M F
17:45 Discus Throw M Q B	17:00 Triple Jump W F	17:20 400m H W F	17:00 Shot Put W F
18:00 Pole Vault M Q A+B	17:22 400m M SF	17:10 Shot Put Hep W AB	17:30 High Jump W F
18:05 800m M R1	17:30 Javelin Throw Dec M A	17:15 Discus Throw M F	17:50 4 x 100m Relay W F
18:45 1500m W R1	17:40 400m W SF	17:35 200m W F	18:05 4 x 100m Relay M F
19:00 Javelin Throw W Q A	18:00 800m W R1	17:45 200m M F	18:15 3000m SC M F
19:05 High Jump W Q A+B	18:25 Javelin Throw Dec M B	17:55 3000m SC W F	18:35 Javelin Throw M F
19:25 5000m W F	18:30 5000m M F	18:10 Pole Vault M F	18:45 1500m M F
19:55 400m Dec M Heats	19:00 400m H M SF	18:15 Shot Put W Q A+B	18:55 Long Jump W F
20:15 Javelin Throw W Q B	19:15 Long Jump M F	18:30 200m Hep W Heats	19:00 800m W F
20:30 100m W SF	19:20 400m H W SF	18:55 800m M F	19:15 110m H M F
20:50 100m M SF	19:35 Discus Throw W F	19:05 Hammer Throw W F	19:30 100m H W F
21:12 5000m W MC	19:55 1500m Dec M F	19:10 1500m W F	19:40 800m Hep W F
	20:45 100m W F	19:22 4 x 100m Relay W R1	20:05 4 x 400m Relay W F
	20:55 100m M F	19:40 4 x 100m Relay M R1	20:15 4 x 400m Relay M F
	21:10 Hammer Throw M MC	19:58 3000m M F	20:35 4 x 100m Relay W MC
	21:15 Triple Jump W MC	20:15 400m M F	20:40 4 x 100m Relay M MC
	21:20 5000m M MC	20:25 400m W F	20:45 3000m SC M MC
	21:25 Long Jump M MC	20:40 400m H W MC	20:50 Triple Jump M MC
	21:30 Discus Throw W MC	20:45 400m H M MC	20:55 Shot Put W MC
	21:35 Decathlon M MC	20:50 100m W MC	21:00 Javelin Throw M MC
		20:55 100m M MC	21:05 1500m M MC
		21:00 Discus Throw M MC	21:10 800m W MC
		21:05 3000m SC W MC	21:15 110m H M MC
		21:10 800m M MC	21:20 100m H W MC
		21:15 200m W MC	21:25 Heptathlon W MC
		21:20 200m M MC	21:30 High Jump W MC
		21:25 Hammer Throw W MC	21:35 Long Jump W MC
		21:30 3000m M MC	21:40 4 x 400m Relay W MC
		21:35 1500m W MC	21:45 4 x 400m Relay M MC