



EUROPEAN ATHLETICS THROWING CUP NICOSIA 2026

Timetable (as of 16 December 2025)



Saturday 14h March 2026					Ceremonies
Hour	Event	Gender	Category	Venue	
10:00	Hammer Throw	M	U23	V 1	
10:15	Javelin Throw	W	U23 B	V 2	
11:35	Shot Put	M	U23-B	V 1	
12:00	Javelin Throw	W	U23 A	V 2	
12:05	Hammer Throw	M	U23	V 1	Medal Ceremony N. 1
12:30	Hammer Throw	W	Senior-A	V 1	
12:30	Hammer Throw	W	Senior - B	V 3	
13:05	Shot Put	M	U23-A	V 1	
13:25	Javelin Throw	W	U23	V 1	Medal Ceremony N. 2
14:50	Shot Put	M	U23	V 1	Medal Ceremony N. 3
14:45	Discus Throw	M	Senior-A	V 1	
14:45	Discus Throw	M	Senior-B	V 2	
15:00	Shot Put	W	Senior-B	V 1	
15:10	Hammer Throw	W	Senior	V 1	Medal Ceremony N. 4
15:10	Discus	W	U23 - B	V 3	
16:20	Opening Ceremony				
16:40	Shot Put	W	Senior-A	V 1	
17:00	Discus	W	U23 - A	V 3	
17:00	Discus Throw	M	Senior	V 1	Medal Ceremony N. 5
17:00	Javelin Throw	W	Senior-B	V 2	
17:10	Javelin Throw	W	Senior-A	V 1	
18:20	Shot Put	W	Senior	V 1	Medal Ceremony N. 6
18:45	Discus Throw	W	U23	V 1	Medal Ceremony N. 7
19:00	Javelin Throw	W	Senior	V 1	Medal Ceremony N. 8

Sunday 15th March 2026					Ceremonies
Hour	Event	Gender	Category	Venue	
10:00	Shot Put	W	U23-B	V 1	
10:10	Hammer Throw	W	U23	V 1	
10:15	Discus Throw	M	U23	V 2	
11:40	Shot Put	W	U23-A	V 1	
11:50	Discus Throw	M	U23	V 1	Medal Ceremony N. 9
12:05	Hammer Throw	W	U23	V 1	Medal Ceremony N. 10
12:25	Hammer Throw	M	Senior-A	V 1	
12:25	Hammer Throw	M	Senior B	V 3	
12:35	Javelin Throw	M	U23	V 2	
13:05	Shot Put	W	U23	V 1	Medal Ceremony N. 11
14:40	Javelin Throw	M	U23	V 1	Medal Ceremony N. 12
14:50	Hammer Throw	M	Senior-A	V 1	Medal Ceremony N. 13
15:00	Javelin Throw	M	Senior-A	V 1	
15:00	Javelin Throw	M	Senior B	V 2	
15:05	Shot Put	M	Senior-B	V 1	
16:55	Shot Put	M	Senior-A	V 1	
17:00	Javelin Throw	M	Senior	V 1	Medal Ceremony N. 14
17:20	Discus Throw	W	Senior-A	V 1	
17:20	Discus Throw	W	Senior B	V 2	
18:40	Shot Put	M	Senior	V 1	Medal Ceremony N. 15
18:50	Discus Throw	W	Senior	V 1	Medal Ceremony N. 16