

# **BALTIC U20 TEAM CHAMPIONSHIPS**

**19.07.2023 Pärnu Beach Stadium, Estonia**

|       |                     |     |
|-------|---------------------|-----|
| 12.45 | Opening Ceremony    |     |
| 13.00 | 4x100m Relay        | M   |
| 13.10 | 4x100m Relay        | W   |
| 13.20 | 800m                | W   |
|       | Javelin Throw       | W   |
| 13.30 | 800m                | M   |
|       | Pole Vault          | M   |
|       | Hammer Throw        | W   |
| 13.55 | 110m Hurdles        | M   |
| 14.00 | Triple Jump         | W   |
| 14.10 | 100m Hurdles        | W   |
| 14.25 | 100m                | M   |
| 14.35 | 100m                | W   |
|       | Javelin Throw       | M   |
| 14.45 | 3000m               | W   |
|       | Hammer Throw        | M   |
| 15.05 | 3000m               | M   |
| 15.15 | Triple Jump         | M   |
| 15.30 | 400m                | W   |
| 15.40 | 400m                | M   |
| 15.50 | 10 000m RW          | M   |
|       | 5 000 m RW          | W   |
| 16.00 | Pole Vault          | W   |
| 16.20 | High Jump           | M   |
| 16.30 | Long Jump           | W   |
|       | Discus Throw        | W   |
| 16.45 | Shot Put            | M   |
| 16.50 | 400m Hurdles        | W   |
| 17.00 | 400m Hurdles        | M   |
| 17.20 | 200m                | W   |
| 17.30 | 200m                | M   |
| 17.45 | Long Jump           | M   |
|       | Discus Throw        | M   |
| 17.50 | High Jump           | W   |
| 17.50 | 3000m SC            | M   |
| 18.00 | Shot Put            | W   |
| 18.10 | 3000m SC            | W   |
| 18.25 | 1500m               | W   |
| 18.40 | 1500m               | M   |
| 18.55 | 4x400m Mixed Relays | M+W |



Peakohtunik: Elisa Annamaa  
Tehniline delegaat: Lauri Puolokkainen

