

**Time table Nordic Match U20
22-23 July**



Saturday 22 July

Sunday 23 July

Time	Event	Time	Event
12:30	Pole Vault Women	11:00	Pole Vault Men
12:30	Hammer Throw Women	11:00	Hammer Throw Men
13:00	Official opening	11:30	100m Extra Men *
13:15	100 m Hurdles Women	11:30	Long Jump Men
13:15	Triple Jump Men	11:30	Shot Put Women
13:15	Shot Put Men	11:45	100m Extra Women *
13:30	110 m Hurdles Men	12:00	400m Hurdles Men
13:45	100 m Men	12:15	400m Hurdles Women
13:55	100 m Women	12:30	800m Men
14:00	Discus Throw Women	12:30	Discus Throw Men
14:10	1500 m Men	12:40	800m Women
14:20	1500 m Women	12:55	200m Men
14:35	400 m Men	13:00	Long Jump Women
14:45	400 m Women	13:05	200m Women
14:45	Triple Jump Women	13:20	5000m Men
15:00	3000 m Steeplechase Men	13:30	High Jump Women
15:00	High Jump Men	13:40	3000m Women
15:20	3000 m Steeplechase Women	14:00	Javelin Throw Women
15:40	5000 m Race walk Men/Women	14:45	4x400m Relay Women
15:30	Javelin Throw Men	15:00	4x400m Relay Men
16:15	4x100m Relay Men		
16:25	4x100m Relay Women		

* No points given

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