

EUROPEAN ATHLETICS U 23 - GÄVLE 2019



| DAY 1 - Session 1 - Thursday 11 July 2019 | | | | |
|---|---------------|---|--------|--|
| 10:00 | 100m H Hep | W | heat 1 | |
| 10:07 | 100m H Hep | W | heat 2 | |
| 10:10 | Long Jump | M | Q A+B | |
| 10:14 | 100m H Hep | W | heat 3 | |
| 10:21 | 100m H Hep | W | heat 4 | |
| 10:30 | Hammer Throw | W | Q A | |
| 10:45 | 100m | M | heat 1 | |
| 10:51 | 100m | M | heat 2 | |
| 10:57 | 100m | M | heat 3 | |
| 11:00 | High Jump Hep | W | A+B | |
| 11:03 | 100m | M | heat 4 | |
| 11:20 | 400m | M | heat 1 | |
| 11:26 | 400m | M | heat 2 | |
| 11:32 | 400m | M | heat 3 | |
| 11:35 | Hammer Throw | W | Q B | |
| 11:38 | 400m | M | heat 4 | |
| 11:44 | 400m | M | heat 5 | |
| 11:55 | 100m | W | heat 1 | |
| 12:01 | 100m | W | heat 2 | |
| 12:07 | 100m | W | heat 3 | |
| 12:13 | 100m | W | heat 4 | |

| DAY 2 - Session 3 - Friday 12 July 2019 | | | | |
|---|---------------|---|-------|--|
| 09:30 | Hammer Throw | M | Q A | |
| 10:25 | Long Jump Hep | W | A+B | |
| 10:30 | 400m H | W | R1 | |
| 10:35 | High Jump | W | Q A+B | |
| 10:50 | Hammer Throw | M | Q B | |
| 11:00 | 400m H | M | R1 | |
| 11:30 | 1500m | W | R1 | |
| 11:45 | 800m | M | R1 | |
| 12:05 | Javelin Hep | W | A | |
| 13:00 | Shot Put | W | Q A+B | |
| 13:20 | Javelin Hep | W | B | |

| DAY 3 - Session 5 - Saturday 13 July 2019 | | | | |
|---|---------------|---|-------|--|
| 10:00 | Javelin Throw | W | Q A | |
| 10:05 | 100m Dec | M | Dec | |
| 10:30 | High Jump | M | Q A+B | |
| 11:00 | Long Jump Dec | M | A+B | |
| 11:05 | Javelin Throw | W | Q B | |
| 11:20 | 4x400m Relay | M | R1 | |
| 12:20 | Long Jump | W | Q A+B | |
| 12:25 | Discus Throw | M | Q A | |
| 12:40 | Shot Put Dec | M | A+B | |
| 13:40 | Discus Throw | M | Q B | |

| DAY 4 - Session 7 - Sunday 14 July 2019 | | | | |
|---|-------------------|---|-------|--|
| 09:30 | 110m H Dec | M | Dec | |
| 10:20 | Discus Throw Dec | M | A | |
| 11:00 | 4x100m Relay | W | R1 | |
| 11:20 | 4x100m Relay | M | R1 | |
| 11:35 | Discus Throw Dec | M | B | |
| 12:15 | 20 Km Walk | W | Final | |
| 13:10 | Pole Vault Dec | M | A+B | |
| 14:15 | 20 Km Walk | M | Final | |
| 14:50 | Javelin Throw Dec | M | A | |

| DAY 1 - Session 2 - Thursday 11 July 2019 | | | | |
|---|---------------|---|--------|--|
| 16:00 | Discus Throw | W | Q A | |
| 16:00 | Shot Put | M | Q A+B | |
| 16:20 | 100m H | W | heat 1 | |
| 16:27 | 100m H | W | heat 2 | |
| 16:30 | Pole Vault | M | Q A+B | |
| 16:34 | 100m H | W | heat 3 | |
| 16:41 | 100m H | W | heat 4 | |
| 16:48 | 100m H | W | heat 5 | |
| 16:55 | 800m | W | heat 1 | |
| 17:01 | 800m | W | heat 2 | |
| 17:07 | 800m | W | heat 3 | |
| 17:15 | Discus Throw | W | Q B | |
| 17:20 | 110m H | M | heat 1 | |
| 17:27 | 110m H | M | heat 2 | |
| 17:30 | Shot Put Hep | W | A+B | |
| 17:34 | 110m H | M | heat 3 | |
| 17:41 | 110m H | M | heat 4 | |
| 17:48 | 110m H | M | heat 5 | |
| 17:55 | 3000 SC | W | heat 1 | |
| 18:10 | 3000 SC | W | heat 2 | |
| 18:27 | Javelin Throw | M | Q A | |
| 18:30 | 100m | M | SF 1 | |
| 18:36 | 100m | M | SF 2 | |
| 18:45 | 100m | W | SF 1 | |
| 18:51 | 100m | W | SF 2 | |
| 19:00 | 1500m | M | heat 1 | |
| 19:05 | Triple Jump | W | Q A+B | |
| 19:06 | 1500m | M | heat 2 | |
| 19:20 | 200m Hep | W | heat 1 | |
| 19:27 | 200m Hep | W | heat 2 | |
| 19:34 | 200m Hep | W | heat 3 | |
| 19:35 | Javelin Throw | M | Q B | |
| 19:41 | 200m Hep | W | heat 4 | |
| 19:50 | 1000m | M | Final | |

| DAY 2 - Session 4 - Friday 12 July 2019 | | | | |
|---|------------------|---|-------|--|
| 16:00 | 100m H | W | SF | |
| 16:15 | 400m | W | SF | |
| 16:30 | Long Jump | M | Final | |
| 16:35 | 110m H | M | SF | |
| 16:40 | Hammer Throw | W | Final | |
| 16:55 | 400m | M | SF | |
| 17:05 | 10000M (1) | M | VC | |
| 17:15 | 3000 SC | M | R1 | |
| 17:20 | Pole Vault | W | Q A+B | |
| 17:45 | 100m | W | Final | |
| 17:55 | 100m | M | Final | |
| 18:05 | 800m Hep | W | Hep | |
| 18:18 | 100m (2) | W | VC | |
| 18:28 | Long Jump (3) | M | VC | |
| 18:30 | Discus Throw | W | Final | |
| 18:35 | 100m H | W | Final | |
| 18:38 | Hammer Throw(4) | W | VC | |
| 18:45 | 110m H | M | Final | |
| 18:48 | 100m (5) | M | VC | |
| 18:50 | Triple Jump | W | Final | |
| 18:55 | 200m | W | R1 | |
| 18:58 | Heptathlon (6) | W | VC | |
| 19:00 | Shot Put | M | Final | |
| 19:10 | 100m H (7) | W | VC | |
| 19:20 | 200m | M | R1 | |
| 19:31 | 110m H (8) | M | VC | |
| 19:55 | 10000m | W | Final | |
| 20:23 | Discus Throw (9) | W | VC | |

| DAY 3 - Session 6 Saturday 13 July 2019 | | | | |
|---|------------------|---|-------|--|
| 16:15 | High Jump Dec | M | A+B | |
| 16:55 | Hammer Throw | M | Final | |
| 17:00 | 400m H | W | SF | |
| 17:04 | Triple Jump (10) | W | VC | |
| 17:14 | Shot Put (11) | M | VC | |
| 17:20 | 400m H | M | SF | |
| 17:30 | Pole Vault | M | Final | |
| 17:35 | Triple Jump | M | Q A+B | |
| 17:40 | 200m | W | SF | |
| 17:55 | 200m | M | SF | |
| 18:10 | 400m | W | Final | |
| 18:20 | 1500m | M | Final | |
| 18:25 | 10000m (12) | W | VC | |
| 18:30 | High Jump | W | Final | |
| 18:32 | 400m | M | Final | |
| 18:40 | 800m | W | Final | |
| 18:40 | Shot Put | W | Final | |
| 18:45 | Javelin Throw | M | Final | |
| 18:50 | 3000m SC | W | Final | |
| 19:00 | Hammer Throw(13) | M | VC | |
| 19:04 | 400m (14) | W | VC | |
| 19:10 | 400m Dec | M | Dec | |
| 19:13 | 1500m (15) | M | VC | |
| 19:23 | 400m (16) | M | VC | |
| 19:30 | 800m (17) | W | VC | |
| 19:45 | 200m | W | Final | |
| 19:49 | 3000m SC (18) | W | VC | |
| 19:55 | 200m | M | Final | |
| 19:54 | Pole Vault (19) | M | VC | |
| 20:05 | 5000m | M | Final | |
| 20:20 | High Jump (20) | W | VC | |

| DAY 4 - Session 8 - Sunday 14 July 2019 | | | | |
|---|--------------------|---|-------|--|
| 16:05 | Javelin Throw Dec | M | B | |
| 16:20 | Shot Put (21) | W | VC | |
| 16:25 | Javelin Throw (22) | M | VC | |
| 16:30 | 200m (23) | W | VC | |
| 16:35 | 200m (24) | M | VC | |
| 16:40 | 5000m (25) | M | VC | |
| 16:45 | Long Jump | W | Final | |
| 16:50 | 20 Km Walk (26) | W | VC | |
| 17:00 | 400 H | W | Final | |
| 17:05 | Pole Vault | W | Final | |
| 17:06 | 20 Km Walk (27) | M | VC | |
| 17:15 | 400 H | M | Final | |
| 17:15 | Javelin Throw | W | Final | |
| 17:25 | 1500m | W | Final | |
| 17:33 | 400m H (28) | W | VC | |
| 17:40 | 3000m SC | M | Final | |
| 17:45 | High Jump | M | Final | |
| 17:50 | 400m H (29) | M | VC | |
| 18:00 | 800m | M | Final | |
| 18:05 | 1500m (30) | W | VC | |
| 18:15 | 1500m Dec | M | Dec | |
| 18:23 | 3000m SC (31) | M | VC | |
| 18:30 | Triple Jump | M | Final | |
| 18:35 | 5000m | W | Final | |
| 18:52 | Long Jump (32) | W | VC | |
| 18:55 | Discus Throw | M | Final | |
| 18:57 | Javelin Throw (33) | W | VC | |
| 19:02 | 800m (34) | M | VC | |
| 19:10 | 4x100m Relay | M | Final | |
| 19:14 | Decathlon (35) | M | VC | |
| 19:25 | 4x100m Relay | W | Final | |
| 19:28 | 5000m (36) | W | VC | |
| 19:40 | 4x400m Relay | M | Final | |
| 19:48 | Pole Vault (37) | W | VC | |
| 19:55 | 4x400m Relay | W | Final | |
| 20:02 | High Jump (38) | M | VC | |
| 20:07 | Triple Jump (39) | M | VC | |
| 20:12 | Discus Throw (40) | M | VC | |