

**NORDIC U20 MATCH & CHAMPIONSHIPS
AND NORDIC-BALTIC U23 CHAMPIONSHIPS**

MALMÖ 16 – 17 JULY 2022



COMPETITION TIMETABLE

LAST UPDATED: 2022-07-15, 22:06

Saturday, July 16th		
10:00	Hammer	U20/U23 M
11:00	Pole Vault	U23 M
11:05	Long Jump	U23 M
11:15	400m H	U20 W
11:25	400m H Final A+B	U23 W
11:45	Shot Put	U20 M
11:45	400m H	U20 M
11:55	400m H	U23 M
12:15	100m	U20 M
12:25	100m	U20 W
12:35	100m Final A+B	U23 M
12:35	Triple Jump	U20 W
12:45	100m Final A+B	U23 W
13:00	Hammer	U20/U23 W
13:15	1500m	U20 W
13:30	1500m	U20 M
13:30	High Jump	U23 W
13:45	1500m	U23 W
14:00	1500m	U23 M
14:10	Shot Put	U23 M
14:15	Long Jump	U20 M
14:30	400m	U20 M
14:40	400m	U20 W
14:50	400m Final A+B	U23 M
14:50	Pole Vault	U20 M
15:00	400m Final A+B	U23 W
15:10	3000m	U20 W
15:20	High Jump	U20 W
15:30	5000m	U20 M
15:30	Javelin	U20/U23 W
15:50	Triple Jump	U23 W
16:10	5000m	U23 W
16:40	5000m	U23 M
17:00	4x100m	U20 W
17:10	4x100m	U20 M
17:20	4x100m	U23 M
17:30	4x100m	U23 W

Sunday, July 17th		
09:30	Javelin	U20/U23 M
10:15	Triple Jump	U20 M
10:20	Shot Put	U20 W
10:30	High Jump	U23 M
10:35	110m H	U20 M
10:50	110m H	U23 M
11:00	Pole Vault	U20 W
11:10	100m H	U20 W
11:20	100m H Final A+B	U23 W
11:35	Long Jump	U23 W
11:40	800m	U20 W
11:45	Shot Put	U23 W
11:50	800m	U20 M
12:00	800m	U23 W
12:00	Discus	U20/U23 M
12:10	800m	U23 M
12:30	High Jump	U20 M
13:00	200m	U20 W
13:05	Long Jump	U20 W
13:10	200m	U20 M
13:15	Pole Vault	U23 W
13:20	200m Final A+B	U23 W
13:30	200m Final A+B	U23 M
13:50	3000m St	U20/U23 W
14:00	Discus	U20/U23 W
14:10	3000m St	U20/U23 M
14:20	Triple Jump	U23 M
14:30	5000m RW	U20 W/M
15:00	4x400m	U20 M
15:10	4x400m	U23 M
15:20	4x400m	U20 W
15:30	4x400m	U23 W

HOST



Malmö stad

SWEDISH ATHLETICS ASSOCIATION



SVENSK FRIIDROTT

ORGANIZER

