

# BALTIC U20 TEAM CHAMPIONSHIPS 2024

22.07.2024.

Jāņa Daliņa stadium, Valmiera

## TIMETABLE

12:45	Opening Ceremony	
13:00	110 mH	M
13:05	Hammer Throw	W, M
13:10	Pole Vault	M
13:15	100 mH	W
13:25	100 m	W
13:30	100 m	M
13:40	High Jump	W
13:45	1500 m	W
13:55	1500 m	M
14:00	Long Jump	W, M
14:10	400 m	W
14:15	400 m	M
14:25	5000 m RW	W, M
14:35	Discus Throw	W, M
15:15	400 mH	W
15:25	400 mH	M
15:30	Pole Vault	W
15:35	High Jump	M
15:40	3000 m SC	W
15:45	Triple Jump	W, M
16:00	3000 m SC	M
16:05	Javelin Throw	W, M
16:10	Shot Put	W, M
16:20	200 m	W
16:25	200 m	M
16:35	3000 m	W
16:50	3000 m	M
17:10	800 m	W
17:15	800 m	M
17:40	4 x 100 m	W
17:50	4 x 100 m	M
18:00	4 x 400 m mixed	W, M
18:15	Victory ceremony	