

**IAAF WORLD U20 CHAMPIONSHIPS  
NAIROBI, KEN 7-12 JULY 2020**

DAY 1 - Tuesday Morning, 10 July	DAY 2 - Wednesday Morning, 11 July	DAY 3 - Thursday Morning, 12 July	DAY 4 - Friday Morning, 13 July	DAY 5 - Saturday Morning, 14 July	DAY 6 - Sunday Morning 15 July
08:30 100m Dec M	08:30 110m H Dec M	08:30 100m H Hep W	08:30 Javelin Throw M QA	<b>08:30 10,000m R.Walk</b> W F	
08:55 Javelin Throw W QA	09:00 400m W R1	08:40 Hammer Throw W QA	08:35 100m H W R1	08:50 Discus Throw M QA	
09:00 3000m SC W R1	09:25 Discus Throw Dec M QA	09:05 3000m SC M R1	09:00 Long Jump Hep W AB	09:00 Triple Jump W QAB	
09:30 Long Jump Dec M AB	09:55 Shot Put W QA	09:15 Long Jump W QAB	09:35 800m M R1	<b>09:35 High Jump</b> M F	
09:45 1500m M R1	10:10 400m M R1	09:30 High Jump Hep W AB	09:45 Javelin Throw M QB	<b>09:45 10,000m R.Walk</b> M F	
09:50 Shot Put M QAB	10:45 Discus Throw Dec M QB	09:40 400m H M R1	10:30 High Jump W QAB	10:10 Discus Throw M QB	
10:15 Javelin Throw W QB	11:10 Pole Vault Dec M A	10:05 Hammer Throw W QB	10:45 1500m W R1	<i>10:40 10,000m R.Walk</i> W MC	
10:20 800m W R1	11:15 400m H W R1	10:35 200m M R1	11:10 Javelin Throw Hep W A	10:50 4 x 400m Relay W R1	
11:00 Long Jump M QAB	11:20 Shot Put W QB		11:35 200m W R1	<i>11:15 10,000m R.Walk</i> M MC	
11:10 100m M R1	12:05 Hammer Throw M QA		12:20 Javelin Throw Hep W B	11:25 4 x 400m Relay M R1	
11:15 Shot Put Dec M AB	12:15 Pole Vault Dec M B				
	12:25 100m W R1				
	13:25 Hammer Throw M QB				
DAY 1 - Tuesday Evening 10 July	DAY 2 - Wednesday Evening 11 July	DAY 3 - Thursday Evening 12 July	DAY 4 - Friday Evening 13 July	DAY 5 - Saturday Afternoon 14 July	DAY 6 - Sunday Afternoon 15 July
14:30 High Jump Dec M AB	15:30 Javelin Throw Dec M A	<i>14:15 Decathlon</i> M MC	<i>14:00 Pole Vault</i> W MC	<i>14:00 3000m SC</i> W MC	<i>14:35 Javelin Throw</i> M MC
14:35 110m H M R1	<i>15:45 Shot Put</i> M MC	<i>14:21 100m</i> M MC	<i>14:05 800m</i> W MC	<i>14:05 Long Jump</i> W MC	<i>14:41 4 x 100m Relay</i> W MC
15:00 Discus Throw W QA	<i>15:52 5000m</i> M MC	14:30 Shot Put Hep W AB	<i>14:10 110m H</i> M MC	<i>14:10 High Jump</i> M MC	<i>14:48 4 x 100m Relay</i> M MC
15:05 Pole Vault W QAB	16:00 Pole Vault M QAB	14:35 100m W SF	14:20 Triple Jump M QAB	<b>14:30 Hammer Throw</b> W F	<b>15:00 High Jump</b> W F
15:35 4 x 400m Relay X R1	<b>16:05 Shot Put</b> W F	<b>14:55 Pole Vault</b> W F	14:25 4 x 100m Relay W R1	14:40 100m H W SF	<b>15:05 100m H</b> W F
<b>16:15 3000m</b> W F	16:10 110m H M SF	15:00 200m M SF	<i>14:47 100m</i> W MC	15:10 800m M SF	<b>15:15 Discus Throw</b> M F
16:20 Discus Throw W QB	16:40 800m W SF	15:25 400m H W SF	15:00 4 x 100m Relay M R1	<i>15:40 200m</i> M MC	<b>15:20 1500m</b> W F
<b>16:35 Shot Put</b> M F	16:45 Javelin Throw Dec M B	15:50 200m Hep W Heats	<b>15:05 Pole Vault</b> M F	<b>15:50 Triple Jump</b> M F	<b>15:35 Triple Jump</b> W F
17:00 400m Dec M Heats	<b>17:15 Long Jump</b> M F	<b>16:10 Discus Throw</b> W F	<b>15:25 Hammer Throw</b> M F	<b>16:00 200m</b> W F	<b>15:40 800m</b> M F
<b>17:40 5000m</b> M F	17:30 100m M SF	16:15 400m M SF	<b>15:30 800m Hep</b> W F	<b>16:15 400m H</b> M F	<b>15:55 3000m SC</b> M F
18:00 3000m W MC	<b>18:00 Javelin Throw</b> W F	16:20 High Jump M AB	15:58 400m H M SF	<b>16:25 Javelin Throw</b> M F	<i>16:08 100m H</i> W MC
	<b>18:10 4 x 400m Relay</b> X F	<i>16:35 Javelin Throw</i> W MC	<b>16:13 Long Jump</b> W F	<b>16:30 3000m</b> M F	<b>16:25 5000m</b> W F
	<i>18:40 Shot Put</i> W MC	16:45 400m W SF	16:32 200m W SF	<i>16:50 Hammer Throw</i> W MC	<i>16:55 3000m SC</i> M MC
	<b>18:50 1500m Dec</b> M F	<b>17:10 1500m</b> M F	<b>16:56 400m H</b> W F	<b>17:15 4 x 100m Relay</b> W F	<i>17:01 1500m</i> W MC
	<b>19:10 100m</b> M F	<b>17:30 800m</b> W F	<i>17:00 Hammer Throw</i> M MC	<i>17:35 200m</i> W MC	<b>17:10 4 x 400m Relay</b> W F
	<i>19:15 4 x 400m Relay</i> X MC	<b>17:45 110m H</b> M F	<b>17:10 400m</b> M F	<i>17:41 3000m</i> M MC	<i>17:16 800m</i> M MC
	<i>19:20 Long Jump</i> M MC	<i>17:48 1500m</i> M MC	<b>17:20 400m</b> W F	<b>17:50 4 x 100m Relay</b> M F	<b>17:25 4 x 400m Relay</b> M F
		<b>17:58 100m</b> W F	<b>17:35 200m</b> M F	<i>18:00 400m H</i> M MC	<i>17:35 Discus Throw</i> M MC
		<i>18:03 Discus Throw</i> W MC	<i>17:40 Heptathlon</i> W MC	<i>18:06 Triple Jump</i> M MC	<i>17:41 High Jump</i> W MC
			<b>17:50 3000m SC</b> W F	<b>18:12 Pole Vault</b> M MC	<i>17:47 5000m</i> W MC
			<i>18:05 400m H</i> W MC		<i>17:52 Triple Jump</i> W MC
			<i>18:10 400m</i> M MC		<i>17:57 4 x 400m Relay</i> W MC
			<i>18:16 400m</i> W MC		<i>18:03 4 x 400m Relay</i> M MC