WORLD ATHLETICS U20 CHAMPIONSHIPS
NAIROBI, KEN 17-22 AUGUST 2021

DAY 1 - Tuesday Morning, 17 August			
8:30	100m Dec	M	
8:55	Javelin Throw	W	QA
9:00	3000m SC	W	R1
9:30	Long Jump Dec	M	AB
9:45	1500m	M	R1
9:50	Shot Put	M	QAB
10:15	Javelin Throw	W	QB
10:20	800m	W	R1
11:00	Long Jump	M	QAB
11:10	100m	M	R1
11:15	Shot Put Dec	M	AB

DAY 1 - Tuesday Evening 17 August			
14:30	High Jump Dec	M	AB
14:35	110m H	M	R1
15:00	Discus Throw	W	QA
15:05	Pole Vault	W	QAB
15:35	4 x 400m Relay	X	R1
16:15	**3000m**	**W**	**F**
16:20	Discus Throw	W	QB
16:35	**Shot Put**	**M**	**F**
17:00	400m Dec	M	Heats
17:40	**5000m**	**M**	**F**
18:00	3000m	W	MC

DAY 2 - Wednesday Morning, 18 August			
8:30	110m H Dec	M	
9:00	400m	W	R1
9:25	Discus Throw Dec	M	QA
9:55	Shot Put	W	QA
10:10	400m	M	R1
10:45	Discus Throw Dec	M	QB
11:10	Pole Vault Dec	M	A
11:15	400m H	W	R1
11:20	Shot Put	W	QB
12:05	Hammer Throw	M	QA
12:15	Pole Vault Dec	M	B
12:25	100m	W	R1
13:25	Hammer Throw	M	QB

DAY 2 - Wednesday Evening 18 August			
15:30	Javelin Throw Dec	M	A
15:45	*Shot Put*	*M*	*MC*
15:52	*5000m*	*M*	*MC*
16:00	Pole Vault	M	QAB
16:05	**Shot Put**	**W**	**F**
16:10	110m H	M	SF
16:40	800m	W	SF
16:45	Javelin Throw Dec	M	B
17:15	**Long Jump**	**M**	**F**
17:30	100m	M	SF
18:00	**Javelin Throw**	**W**	**F**
18:10	**4 x 400m Relay**	**X**	**F**
18:40	*Shot Put*	*W*	*MC*
18:50	**1500m Dec**	**M**	**F**
19:10	**100m**	**M**	**F**
19:15	*4 x 400m Relay*	*X*	*MC*
19:20	*Long Jump*	*M*	*MC*

DAY 3 - Thursday Morning, 19 August			
8:30	100m H Hep	W	
8:40	Hammer Throw	W	QA
9:05	3000m SC	M	R1
9:15	Long Jump	W	QAB
9:30	High Jump Hep	W	AB
9:40	400m H	M	R1
10:05	Hammer Throw	W	QB
10:35	200m	M	R1

DAY 3 - Thursday Evening 19 August			
14:15	*Decathlon*	*M*	*MC*
14:21	*100m*	*M*	*MC*
14:30	Shot Put Hep	W	AB
14:35	100m	W	SF
14:55	**Pole Vault**	**W**	**F**
15:00	200m	M	SF
15:25	400m H	W	SF
15:50	200m Hep	W	Heats
16:10	**Discus Throw**	**W**	**F**
16:15	400m	M	SF
16:20	High Jump	M	AB
16:35	*Javelin Throw*	*W*	*MC*
16:45	400m	W	SF
17:10	**1500m**	**M**	**F**
17:30	**800m**	**W**	**F**
17:45	**110m H**	**M**	**F**
17:48	*1500m*	*M*	*MC*
17:58	**100m**	**W**	**F**
18:03	*Discus Throw*	*W*	*MC*

DAY 4 - Friday Morning, 20 August			
8:30	Javelin Throw	M	QA
8:35	100m H	W	R1
9:00	Long Jump Hep	W	AB
9:35	800m	M	R1
9:45	Javelin Throw	M	QB
10:30	High Jump	W	QAB
10:45	1500m	W	R1
11:10	Javelin Throw Hep	W	A
11:35	200m	W	R1
12:20	Javelin Throw Hep	W	B

DAY 4 - Friday Evening 20 August			
14:00	*Pole Vault*	*W*	*MC*
14:05	*800m*	*W*	*MC*
14:10	*110m H*	*M*	*MC*
14:20	Triple Jump	M	QAB
14:25	4 x 100m Relay	W	R1
14:47	*100m*	*W*	*MC*
15:00	4 x 100m Relay	M	R1
15:05	**Pole Vault**	**M**	**F**
15:25	**Hammer Throw**	**M**	**F**
15:30	**800m Hep**	**W**	**F**
15:58	400m H	M	SF
16:13	**Long Jump**	**W**	**F**
16:32	200m	W	SF
16:56	**400m H**	**W**	**F**
17:00	*Hammer Throw*	*M*	*MC*
17:10	**400m**	**M**	**F**
17:20	**400m**	**W**	**F**
17:35	**200m**	**M**	**F**
17:40	*Heptathlon*	*W*	*MC*
17:50	**3000m SC**	**W**	**F**
18:05	*400m H*	*W*	*MC*
18:10	*400m*	*M*	*MC*
18:16	*400m*	*W*	*MC*

DAY 5 - Saturday Morning, 21 August			
8:30	**10,000m R.Walk**	**W**	**F**
8:50	Discus Throw	M	QA
9:00	Triple Jump	W	QAB
9:35	**High Jump**	**M**	**F**
9:45	**10,000m R.Walk**	**M**	**F**
10:10	Discus Throw	M	QB
10:40	*10,000m R.Walk*	*W*	*MC*
10:50	4 x 400m Relay	W	R1
11:15	*10,000m R.Walk*	*M*	*MC*
11:25	4 x 400m Relay	M	R1

DAY 5 - Saturday Afternoon 21 August			
14:00	*3000m SC*	*W*	*MC*
14:05	*Long Jump*	*W*	*MC*
14:10	*High Jump*	*M*	*MC*
14:30	**Hammer Throw**	**W**	**F**
14:40	100m H	W	SF
15:10	800m	M	SF
15:40	*200m*	*M*	*MC*
15:50	**Triple Jump**	**M**	**F**
16:00	**200m**	**W**	**F**
16:15	**400m H**	**M**	**F**
16:25	**Javelin Throw**	**M**	**F**
16:30	**3000m**	**M**	**F**
16:50	*Hammer Throw*	*W*	*MC*
17:15	**4 x 100m Relay**	**W**	**F**
17:35	*200m*	*W*	*MC*
17:41	*3000m*	*M*	*MC*
17:50	**4 x 100m Relay**	**M**	**F**
18:00	*400m H*	*M*	*MC*
18:06	*Triple Jump*	*M*	*MC*
18:12	*Pole Vault*	*M*	*MC*

DAY 6 - Sunday Morning 22 August

DAY 6 - Sunday Afternoon 22 August			
14:35	*Javelin Throw*	*M*	*MC*
14:41	*4 x 100m Relay*	*W*	*MC*
14:48	*4 x 100m Relay*	*M*	*MC*
15:00	**High Jump**	**W**	**F**
15:05	**100m H**	**W**	**F**
15:15	**Discus Throw**	**M**	**F**
15:20	**1500m**	**W**	**F**
15:35	**Triple Jump**	**W**	**F**
15:40	**800m**	**M**	**F**
15:55	**3000m SC**	**M**	**F**
16:08	*100m H*	*W*	*MC*
16:25	**5000m**	**W**	**F**
16:55	*3000m SC*	*M*	*MC*
17:01	*1500m*	*W*	*MC*
17:10	**4 x 400m Relay**	**W**	**F**
17:16	*800m*	*M*	*MC*
17:25	**4 x 400m Relay**	**M**	**F**
17:35	*Discus Throw*	*M*	*MC*
17:41	*High Jump*	*W*	*MC*
17:47	*5000m*	*W*	*MC*
17:52	*Triple Jump*	*W*	*MC*
17:57	*4 x 400m Relay*	*W*	*MC*
18:03	*4 x 400m Relay*	*M*	*MC*