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

DAY 1 - Wednesday Morning, 18 August			
09:00	4 x 400m Relay	X	R1
09:08	Hammer Throw	M	QA
09:25	100m H Hep	W	Heats
09:35	100m	W	R1
09:47	Shot Put	M	QAB
10:15	High Jump Hep	W	
10:20	100m	M	R1
10:25	Hammer Throw	M	QB
11:15	400m	W	R1
11:40	400m	M	R1

DAY 1 - Wednesday Afternoon 18 August			
16:00	**Pole Vault**	**W**	**F**
16:05	Shot Put Hep	W	
16:10	100m	W	SF
16:14	Javelin Throw	M	QA
16:40	100m	M	SF
17:15	**4 x 400m Relay**	**X**	**F**
17:05	Javelin Throw	M	QB
17:35	200m Hep	W	Heats
17:45	**3000m**	**M**	**F**
18:05	*4 x 400m Relay*	*X*	*MC*

DAY 2 - Thursday Morning, 19 August			
09:00	400m H	W	R1
09:05	High Jump	M	AB
09:12	Long Jump Hep	W	
09:25	400m H	M	R1
10:05	800m	M	R1
10:39	Javelin Throw Hep	W	
10:50	800m	W	R1

DAY 2 - Thursday Afternoon 19 August			
14:25	*Pole Vault*	*W*	*MC*
14:30	*3000m*	*M*	*MC*
14:40	**Javelin Throw**	**W**	**F**
15:00	**Pole Vault**	**M**	**F**
15:20	**Shot Put**	**M**	**F**
15:40	1500m	M	R1
16:00	Triple Jump	W	QAB
16:05	**800m Hep**	**W**	**F**
16:25	**Discus Throw**	**W**	**F**
16:30	**5000m**	**M**	**F**
17:00	**3000m**	**W**	**F**
17:22	*Javelin Throw*	*W*	*MC*
17:30	**100m**	**W**	**F**
17:50	**100m**	**M**	**F**
17:55	*Heptathlon*	*W*	*MC*
18:00	*5000m*	*M*	*MC*
18:05	*3000m*	*W*	*MC*

DAY 3 - Friday Morning, 20 August			
09:00	100m Dec	M	Heats
09:10	Hammer Throw	W	QA
09:15	100m H	W	R1
09:40	Long Jump Dec	M	
09:55	110m H	M	R1
10:00	Hammer Throw	W	QB
10:13	High Jump	W	QAB
10:30	1500m	W	R1
10:50	Shot Put Dec	M	
10:55	Long Jump	W	QAB
11:00	200m	W	R1
11:40	200m	M	R1

DAY 3 - Friday Afternoon 20 August			
13:55	*Shot Put*	*M*	*MC*
14:00	*Discus Throw*	*W*	*MC*
14:05	*100m*	*W*	*MC*
14:10	*100m*	*M*	*MC*
14:20	**Javelin Throw**	**M**	**F**
14:25	**Triple Jump**	**W**	**F**
14:29	3000m SC	M	R1
15:05	100m H	W	SF
15:17	High Jump Dec	M	
15:30	110m H	M	SF
15:50	*Pole Vault*	*M*	*MC*
16:00	400m	M	SF
16:20	800m	W	SF
16:35	**Long Jump**	**M**	**F**
16:15	**Hammer Throw**	**M**	**F**
16:40	200m	W	SF
17:05	200m	M	SF
17:35	400m Dec	M	Heats
18:05	**3000m SC**	**W**	**F**
18:20	*Javelin Throw*	*M*	*MC*

DAY 4 - Saturday Morning, 21 August			
09:00	110m H Dec	M	Heats
09:15	**10,000m R.Walk**	**M**	**F**
09:50	Discus Throw Dec	M	
10:20	**10,000m R.Walk**	**W**	**F**
10:45	Discus Throw	M	QA
11:22	4 x 400m Relay	W	R1
11:36	Discus Throw	M	QB
11:50	Pole Vault Dec	M	
11:55	4 x 400m Relay	M	R1
12:20	4 x 100m Relay	W	R1
12:40	4 x 100m Relay	M	R1
12:50	*10,000m R.Walk*	*W*	*MC*
12:55	*10,000m R.Walk*	*M*	*MC*

DAY 4 - Saturday Afternoon 21 August			
14:35	*Triple Jump*	*W*	*MC*
14:40	*Hammer Throw*	*M*	*MC*
14:45	*Long Jump*	*M*	*MC*
14:50	*3000m SC*	*W*	*MC*
15:00	400m H	M	SF
15:05	Javelin Throw Dec	M	
15:30	800m	M	SF
15:55	**High Jump**	**M**	**F**
16:00	**100m H**	**W**	**F**
16:10	**Hammer Throw**	**W**	**F**
16:15	**110m H**	**M**	**F**
16:30	**1500m**	**M**	**F**
16:40	**Shot Put**	**W**	**F**
16:45	**800m**	**W**	**F**
16:50	*100m H*	*W*	*MC*
17:00	**400m**	**W**	**F**
17:20	**400m**	**M**	**F**
17:35	*110m H*	*M*	*MC*
17:45	**1500m Dec**	**M**	**F**
17:55	*1500m*	*M*	*MC*
18:00	**200m**	**W**	**F**
18:10	**200m**	**M**	**F**
18:15	*800m*	*W*	*MC*

DAY 5 - Sunday Morning 22 August

DAY 5 - Sunday Afternoon 22 August			
14:00	*400m*	*W*	*MC*
14:05	*400m*	*M*	*MC*
14:10	*Hammer Throw*	*W*	*MC*
14:15	*High Jump*	*M*	*MC*
14:20	*Shot Put*	*W*	*MC*
14:30	**Triple Jump**	**M**	**F**
15:00	**400m H**	**W**	**F**
15:05	*Decathlon*	*M*	*MC*
15:15	**400m H**	**M**	**F**
15:25	**High Jump**	**W**	**F**
15:30	**800m**	**M**	**F**
15:50	**1500m**	**W**	**F**
16:00	**Discus Throw**	**M**	**F**
16:05	**3000m SC**	**M**	**F**
16:15	*200m*	*W*	*MC*
16:25	**Long Jump**	**W**	**F**
16:30	**4 x 100m Relay**	**W**	**F**
16:35	*200m*	*M*	*MC*
16:45	**4 x 100m Relay**	**M**	**F**
16:50	*400m H*	*W*	*MC*
17:10	**5000m**	**W**	**F**
17:30	*400m H*	*M*	*MC*
17:45	*800m*	*M*	*MC*
17:55	**4 x 400m Relay**	**W**	**F**
18:00	*Triple Jump*	*M*	*MC*
18:10	**4 x 400m Relay**	**M**	**F**
18:15	*1500m*	*W*	*MC*
18:20	*3000m SC*	*M*	*MC*
18:25	*4 x 400m Relay*	*W*	*MC*
18:30	*4 x 100m Relay*	*M*	*MC*
18:35	*High Jump*	*W*	*MC*
18:40	*Discus Throw*	*M*	*MC*
18:45	*5000m*	*W*	*MC*
18:50	*Long Jump*	*W*	*MC*
18:55	*4 x 100m Relay*	*W*	*MC*
19:00	*4 x 400m Relay*	*M*	*MC*