

European Indoor Championships  
TORUN, POLAND 4-7 MARCH 2021

| DAY 0 - Thursday, 4 March, Morning |                  |   |    |
|------------------------------------|------------------|---|----|
|                                    |                  |   |    |
| DAY 0 - Thursday, 4 March, Evening |                  |   |    |
| 18:30                              | Opening Ceremony |   |    |
| 19:00                              | High Jump        | M | Q  |
| 19:08                              | Long Jump        | M | Q  |
| 19:15                              | Shot Put         | W | Q  |
| 19:30                              | 3000m            | W | R1 |
| 20:20                              | 1500m            | M | R1 |

| DAY 1 - Friday, 5 March, Morning |               |   |       |
|----------------------------------|---------------|---|-------|
| 10:00                            | 60mH Pen      | W |       |
| 10:11                            | Triple Jump   | M | Q     |
| 10:17                            | 400m          | M | R1    |
| 10:20                            | Pole Vault    | W | Q     |
| 10:52                            | High Jump Pen | W |       |
| 11:05                            | 400m          | W | R1    |
| 11:18                            | Shot Put      | M | Q     |
| 11:50                            | 1500m         | W | R1    |
| 12:18                            | Long Jump     | W | Q     |
| 12:30                            | 800m          | W | R1    |
| 13:05                            | Shot Put Pen  | W |       |
|                                  |               |   |       |
|                                  |               |   |       |
| DAY 1 - Friday, 5 March, Evening |               |   |       |
| 19:00                            | Long Jump Pen | W |       |
| 19:06                            | Shot Put      | W | Final |
| 19:13                            | High Jump     | W | Q     |
| 19:25                            | 400m          | M | SF    |
| 19:45                            | 400m          | W | SF    |
| 20:05                            | 800m          | M | R1    |
| 20:20                            | Long Jump     | M | Final |
| 20:35                            | Shot Put      | M | Final |
| 20:45                            | 800m Pen      | W | Final |
| 21:00                            | 3000m         | W | Final |
| 21:35                            | 1500m         | M | Final |
| 21:43                            | Shot Put      | W | MC    |
| 21:48                            | Pentathlon    | W | MC    |
| 21:53                            | 3000m         | W | MC    |

| DAY 2 - Saturday, 6 March, Morning |               |   |       |
|------------------------------------|---------------|---|-------|
| 09:42                              | Long Jump     | M | MC    |
| 09:47                              | Shot Put      | M | MC    |
| 09:52                              | 1500m         | M | MC    |
| 10:00                              | 60m Hep       | M |       |
| 10:04                              | Pole Vault    | M | Q     |
| 10:20                              | 60m           | M | R1    |
| 10:42                              | Long Jump Hep | M |       |
| 11:00                              | 3000m         | M | R1    |
| 11:30                              | 60mH          | W | R1    |
| 12:00                              | Triple Jump   | W | Q     |
| 12:10                              | 60mH          | M | R1    |
| 12:15                              | Shot Put Hep  | M |       |
| 12:50                              | 60m           | M | SF    |
| DAY 2 - Saturday, 6 March, Evening |               |   |       |
| 18:50                              | High Jump Hep | M |       |
| 19:00                              | 800m          | W | SF    |
| 19:15                              | Pole Vault    | W | Final |
| 19:25                              | 800m          | M | SF    |
| 19:40                              | Long Jump     | W | Final |
| 19:50                              | 1500m         | W | Final |
| 20:10                              | 400m          | M | Final |
| 20:25                              | 400m          | W | Final |
| 20:58                              | 60m           | M | Final |
| 21:01                              | 1500m         | W | MC    |
| 21:06                              | 400m          | M | MC    |
| 21:11                              | 400m          | W | MC    |

| DAY 4 - Sunday, 7 March, Morning |                |   |       |
|----------------------------------|----------------|---|-------|
| 09:42                            | Long Jump      | W | MC    |
| 09:47                            | Pole Vault     | W | MC    |
| 09:52                            | 60m            | M | MC    |
| 10:00                            | 60mH Hep       | M |       |
| 10:20                            | 60m            | W | R1    |
| 10:53                            | Triple Jump    | M | Final |
| 11:00                            | Pole Vault Hep | M |       |
| 11:19                            | High Jump      | M | Final |
| 12:35                            | 60m            | W | SF    |
| 12:51                            | Triple Jump    | M | MC    |
| 13:00                            | 60mH           | M | SF    |
| 13:10                            | High Jump      | M | MC    |
| 13:20                            | 60mH           | W | SF    |
| DAY 3 - Sunday, 7 March, Evening |                |   |       |
| 17:00                            | 60mH           | M | Final |
| 17:05                            | Pole Vault     | M | Final |
| 17:15                            | 60mH           | W | Final |
| 17:20                            | Triple Jump    | W | Final |
| 17:30                            | 1000m Hep      | M | Final |
| 17:36                            | 60mH           | M | MC    |
| 17:45                            | High Jump      | W | Final |
| 17:52                            | 3000m          | M | Final |
| 18:01                            | 60mH           | W | MC    |
| 18:06                            | Heptathlon     | M | MC    |
| 18:13                            | 800m           | W | Final |
| 18:25                            | 800m           | M | Final |
| 18:30                            | 3000m          | M | MC    |
| 18:46                            | 60m            | W | Final |
| 18:57                            | 4 x 400m Relay | M | Final |
| 19:03                            | 800m           | W | MC    |
| 19:10                            | 4 x 400m Relay | W | Final |
| 19:17                            | Triple Jump    | W | MC    |
| 19:22                            | 800m           | M | MC    |
| 19:27                            | Pole Vault     | M | MC    |
| 19:32                            | 60m            | W | MC    |
| 19:37                            | High Jump      | W | MC    |
| 19:41                            | 4 x 400m Relay | M | MC    |
| 19:46                            | 4 x 400m Relay | W | MC    |