

**EUROPEAN ATHLETICS CHAMPIONSHIPS  
AMSTERDAM 6-10 JULY 2016  
TIMETABLE**

as of 13 April 2016

DAY 1 - Wednesday Morning - July 6th, 2016 (session 1)	DAY 2 - Thursday Morning - July 7th, 2016 (session 3)	DAY 3 - Friday Morning - July 8th, 2016 (session 5)	DAY 4 - Saturday Morning - July 9th, 2016 (session 7)	DAY 5 - Sunday Morning - July 10th, 2016 (session 9)
10:45 Hammer Throw W Q A	10:00 110m H Decathlon M	12:15 100m H Heptathlon W	13:00 Long Jump Heptathlon W A+B	09:30 Half Marathon W Final
10:50 100m Decathlon M	10:05 Pole Vault W Q A+B	12:30 Hammer Throw M Q A	13:05 Shot Put M Q A+B	09:50 Half Marathon M Final
11:05 High Jump W Q A+B	10:50 Discus Throw Decathlon M A	12:55 110m H M QR	13:55 4 x 400m Relay W R1	11:30 10km Mass
11:40 100m H W Q R	11:10 Triple Jump M Q A+B	13:00 High Jump Heptathlon W A+B	14:10 High Jump M Q A+B	
11:45 Long Jump Decathlon M A+B	11:20 200m M QR	13:10 Triple Jump W Q A+B	14:20 Javelin Throw Heptathlon W A	
12:00 Discus Throw Museum Square W Q A	12:00 Javelin Throw Museum Square W Q A	13:30 3000m SC W R1	14:25 4 x 400m Relay M R1	
12:05 Hammer Throw W Q B	12:05 800m M R1	13:40 Hammer Throw M Q B	14:50 100 IPC T34 W Final	
12:10 200m W Q R	12:10 Discus Throw Decathlon M B	14:15 400m H W QR	15:00 100 IPC T34 M Final	
12:40 100m M Q R	12:45 100m W QR		15:05 Long Jump IPC T42/44 M Final	
13:05 Long Jump M Q A+B	13:15 Pole Vault Decathlon M A+B		15:15 800 IPC T54 M Final	
13:10 400m W Q R	13:25 Javelin Throw Museum Square W Q B		15:25 Javelin Throw Heptathlon W B	
13:15 Discus Throw Museum Square W Q B			15:25 100 IPC T37 M Final	
13:25 Shot Put Decathlon M A+B			15:40 1500 IPC T54 W Final	
13:35 400m M Q R			15:50 200 IPC T43/44 W Final	
Discus Throw Museum Square				
14:00 IPC F12/37/41/46 M Final				
DAY 1 - Wednesday Evening - July 6th, 2016 (session 2)	DAY 2 - Thursday Evening - July 7th, 2016 (session 4)	DAY 3 - Friday Evening - July 8th, 2016 (session 6)	DAY 4 - Saturday Evening - July 9th, 2016 (session 8)	DAY 5 - Sunday Evening - July 10th, 2016 (session 10)
15:30 High Jump Decathlon M A+B	16:15 Javelin Throw Decathlon M A	18:05 Shot Put Heptathlon W A+B	18:45 Javelin Throw W Final	17:00 High Jump M Final
17:05 Javelin Throw Museum Square M Q A	16:15 400m H M SF	18:10 Hammer Throw W Final	19:15 110m H M SF	17:05 400m H W Final
17:05 400m H M QR	16:35 Discus Throw Museum Square M Q A	18:15 1500m W R1	19:20 Pole Vault W Final	17:10 Hammer Throw M Final
17:30 200m W SF	16:45 400m M SF	18:35 800m M SF	19:40 4 x 100m Relay M R1	17:15 3000m SC W Final
17:50 Pole Vault M Q A+B	17:05 Shot Put W Final	18:50 200m M SF	19:45 Triple Jump M Final	17:25 Triple Jump W Final
17:55 3000m SC M R1	17:10 100m H W SF	19:10 Pole Vault M Final	20:00 4 x 100m Relay W R1	17:30 Shot Put M Final
18:25 800m W R1	17:20 Javelin Throw Decathlon M B	19:15 100m W SF	20:20 400m H W SF	17:35 4 x 100m Relay W Final
18:40 Javelin Throw Museum Square M Q B	17:30 High Jump W Final	19:20 Long Jump W Final	20:35 Discus Throw M Final	17:45 1500m W Final
18:40 Long Jump W Q A+B	17:35 400m W SF	19:40 400m H M Final	20:45 800m Heptathlon W	17:55 4 x 100m Relay M Final
18:55 10,000m W Final	18:00 100m M SF	19:50 400m M Final	21:05 5000m W Final	18:10 5000m M Final
19:10 Shot Put W Q A+B	18:15 Discus Throw Museum Square M Q B	20:00 200m Heptathlon W	21:30 110m H M Final	18:30 800m M Final
19:35 400m Decathlon M	18:20 Long Jump M Final	20:15 Discus Throw W Final	21:40 800m W Final	18:40 4 x 400m Relay W Final
	18:25 1500m M R1	20:25 400m W Final	21:50 1500m M Final	18:50 4 x 400m Relay M Final
	18:35 Javelin Throw M Final	20:35 200m M Final		
	18:50 800m W SF	20:45 10,000m M Final		
	19:10 200m W Final	21:25 3000m SC M Final		
	19:20 1500m Decathlon M	21:45 100m W Final		
	19:40 100m H W Final			
	19:50 100m M Final			