

EYOF 2025 – SKOPJE 2025 – 21-26 JULY

DAY 1 - Monday, Morning, 21/07			
9:00	100m H Hep	G	Heats
9:45	Pole Vault	G	Final
9:30	100m	G	R1
9:50	High Jump Hep	G	A+B
10:05	100m	B	R1
10:45	Long Jump	G	Q A+B
11:20	Shot Put Hep	G	All
10:40	800m	B	R1
12:20	VC Pole Vault	G	VC
DAY 1 - Monday, Evening, 21/07			
17:00	200m Hep	G	Heats
17:20	100m	G	SF
17:35	Discus Throw	G	Final
17:40	100m	B	SF
18:10	110m H	B	R1
18:20	High Jump	B	Q A+B
18:40	400m	G	R1
19:05	400m	B	R1
19:10	Shot Put	B	Final
19:25	VC Discus Throw	G	VC
19:40	3000m	G	Final
20:05	1500m	B	Final
20:15	VC 3000m	G	VC
20:30	100m	G	Final
20:45	100m	B	Final
20:55	VC Shot Put	B	VC
21:00	VC 1500m	B	VC
21:10	VC 100m	G	VC
21:20	VC 100m	B	VC

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DAY 5 - Friday, Morning, 25/07			
8:50	Hammer Throw	G	Final
9:00	100m Dec	B	Heats
9:30	2000m SC	G	Final
9:50	Long Jump Dec	B	A+B
9:55	Discus Throw	B	Final
10:00	400m H	G	Final
10:00	High Jump	G	Q A+B
10:05	VC 2000 SC	G	VC
10:20	200m	G	Final
10:30	200m	B	Final
10:40	VC Hammer Throw	G	VC
10:45	VC 400m H	G	VC
10:50	VC 200m	G	VC
11:00	Long Jump	B	Q A+B
11:05	Shot Put Dec	B	all
11:05	VC 200m	B	VC
11:45	VC Discus Throw	B	VC

DAY 5 - Friday, Evening, 25/07			
16:30	Javelin Throw	G	Final
16:55	100m H	G	Final
17:00	High Jump Dec	B	A+B
17:10	400m H	B	Final
17:25	Medley Relay	G	R1
17:50	VC 100mH	G	VC
18:00	Medley Relay	B	R1
18:05	Triple Jump	G	Final
18:25	VC Javelin Throw	G	VC
18:35	3000m	B	Final
18:35	Hammer Throw	B	Final
18:50	VC 400m H	B	VC
19:05	400m Dec	B	Heats
19:35	5000m RW	G	Final
20:10	VC 3000m	B	VC
20:15	VC Triple jump	G	VC
20:25	VC Hammer Throw	B	VC
20:35	VC 5000m RW	G	VC

DAY 6 - Saturday, Morning, 26/07			
9:00	110m H Dec	B	Heats
9:30	2000m SC	B	Final
9:30	High Jump	G	Final
9:40	Triple Jump	B	Final
9:50	Discus Throw Dec	B	all
10:00	1500m	G	Final
10:10	Shot Put	G	Final
10:10	VC 2000mSC	B	VC
10:25	800m	G	Final
10:40	VC 1500m	B	VC
11:05	VC 800m	B	VC
11:20	Medley Relay	B	Final
11:35	Medley Relay	G	Final
11:45	Pole Vault Dec	B	A+B
11:50	VC High Jump	G	VC
11:55	VC Triple jump	B	VC
12:05	VC Shot put	G	VC
12:10	VC Medley Relay	B	VC
12:15	VC Medley Relay	G	VC
DAY 6 - Saturday, Evening, 26/07			
16:00	Javelin Throw Dec	B	all
16:10	Long Jump	B	Final
17:30	1500m Dec	B	Final
17:55	VC Long jump	B	VC
18:10	VC Decathlon	B	VC