

### Three Countries U23 Match

19 September 2009

#### Szombathely

	Track		Throws		Jumps	
09,30			Hammer	W+M	Pole	W
					Triple	M
09,45	400m Hurdles	W			High	W
09,55	400m Hurdles	M				
10,05	400m	W				
10,12	400m	M				
10,20	4x100m	W				
10,27	4x100m	M				
10,30			Discus	W+M	Triple	W
10,35	1500m	W				
10,45	1500m	M				
10,57	100m Hurdles	W				
11,05	110m Hurdles	M				
11,12	3000m	W				
11,15					High	M
11,30	100m	W	Shot	W+M	Pole	M
11,35	100m	M			Long	W+M
11,42	5000m	M				
12,02	800m	W				
12,08	800m	M				
12,15	200m	W				
12,20	200m	M				
12,27	3000m St	M				
12,30			Javelin	W+M		
12,40	4x400m	W				
12,50	4x400m	M				
13,30	Medal and Closing Ceremony					