



U20
CHAMPIONSHIPS
Tampere 2025

OFFICIAL PROGRAMME

7-10 August 2025

TAMPERE STADIUM



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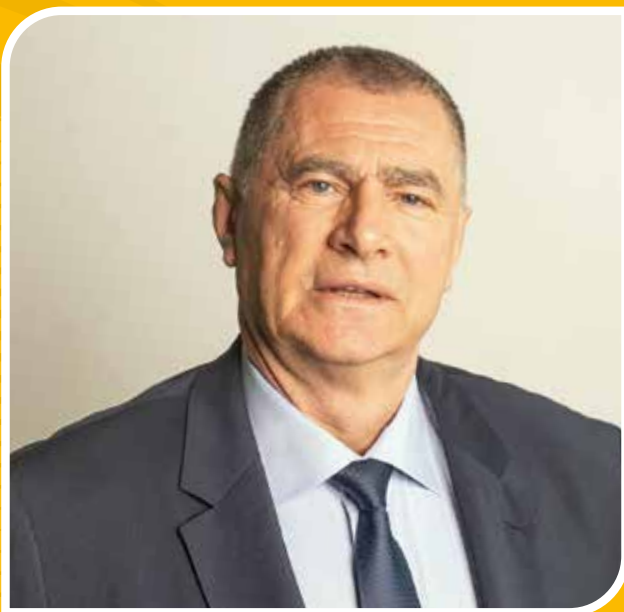
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Welcome message from Dobromir Karamarinov European Athletics President



Dear Friends,

I am very pleased to welcome everyone to Tampere and the European Athletics U20 Championships.

It is always a pleasure to bring European Athletics events to Finland as the Finnish Athletics Federation has, without fail, been a welcoming host for major international athletics competitions and they bring a wealth of experience in delivering events of the very highest calibre.

Finland is also a country that historically has a great love for our sport, an affinity which goes back to the early years of the last century when the legendary Flying Finns grabbed the public's attention around the world and continues to this day.

Consequently, I am sure that these championships will be a resounding success.

This is the 28th edition of the European Athletics U20 Championships, one of the oldest continental athletics age-group events in the world, and Tampere has a strong legacy in staging outstanding age-group competitions, which is another reason why I am looking forward immensely to what will be an outstanding four days of action.

Tampere staged this event back in 2003 when those championships once again provided a glimpse of the future of our sport.

Among the many memorable performances on

that occasion was Nelson Evora's feat of winning gold in both the long and triple jump; and the Portuguese star later had an illustrious career which included winning world, Olympic and European titles.

I am sure our hosts and many others also remember Finland taking a clean sweep of the men's javelin medals in 2003, an event which has become almost synonymous with their country.

Tampere also staged the 2013 European Athletics U23 Championships and, more recently, the 2018 World Athletics U20 Championships when Armand Duplantis and Jakob Ingebrigtsen notably both won medals one month before they made such a stunning impact on a wider audience with victories at the 2018 European Athletics Championships in Berlin.

As I write this, it is impossible to predict which athletes will triumph in Tampere or how their careers will evolve. However, what I am sure of is that some of the winners here will follow in the footsteps of Evora, Duplantis and Ingebrigtsen, as well as many other European Athletics U20 champions, and go on to take global and continental honours in the coming years.

To conclude, I would like to offer a big thank you on behalf of European Athletics to the Finnish Athletics Federation, the Tampere 2025 Local Organising Committee, the city of Tampere as well as all the other host institutions, partners, officials and volunteers and I wish everyone a very enjoyable championships.

LOC President Matti Helimo welcomes athletics enthusiasts to Tampere



Kuva: Petri Koskinen

I'm delighted to welcome all competitors and athletics fans to Tampere for the European Athletics U20 Championships in August 2025. Tampere is the second largest city in Finland and it sits between two large lakes – Näsijärvi and Pyhäjärvi. These two lakes are connected by the magnificent Tammerkoski Rapids running through the city centre. Tampere is a relaxed and friendly city that offers visitors great experiences and beautiful nature.

The European Athletics U20 Championships are an important international event that reinforces Tampere's reputation as a sports city. International sports events bring a positive vibe to the city in terms of tourism and the regional economy. They also promote interest in athletics among enthusiasts and spectators of all ages. The City of Tampere and host club Tampereen Pyrintö both have many years of experience with organising successful competitions. This summer in Tampere, we hope to see many future athletics stars who will be in the spotlight for years to come.

Tampereen Pyrintö has a large and very competent competition organisation involved in planning and implementing the European Athletics U20 Championships. Cooperation with partners has also been very smooth and seamless. I believe that all parties will benefit from this fruitful collaboration built around the competition. People always love to talk about the Finnish weather – for good reason. The early

summer weather was very unfavourable in all respects, but we're looking forward to sunny days and optimal competition conditions in August. As the local president of this event, I'm certain that the competition arrangements will be outstanding and spectators will see an amazing event – both in the stadium and on television throughout Europe. The new Mondo surface at Tampere Stadium will provide an amazing international competition experience amid the beautiful scenery of Tampere. I also want to thank the European Athletics competition organisation for putting their trust in our city and the local organising committee. It's an honour to prove that we are deserving of this trust, and our goal for the competition is the same as always in sports – to do our best.

I warmly welcome all athletics enthusiasts to Tampere Stadium on 7–10 August to see Europe's brightest U20 athletics stars!

Matti Helimo
LOC President

Welcome to Finland

Facts about Finland

Form of Government	Republic, parliamentary democracy
President	Alexander Stubb
Area	Location Nordic country in Northern Europe 338,462 km ² (131,991 square miles), the fifth-largest country in Western Europe
Population	5.5 million, 18.2 inhabitants per km ²
Coastline	3794 kilometers
Climate	Great contrasts – cold winters and fairly warm summers (2019 extremes: coldest day in Utsjoki -39.1 °C / -38.20 °F, warmest day in Porvoo 33.7 °C / 92.7 °F)
Language	Official languages are Finnish (spoken by 86.9%) and Swedish (5.2%). Sámi is the mother tongue of about 2,000 people, members of the indigenous Sámi people of northern Lapland
Religion	Christianity; 67.8% Lutheran and about 1.1% Orthodox
Capital	Helsinki (1.5 million inhabitants in metropolitan area)
Local Time	UTC +3 (summer)
Electricity	220 V, 50 Hz
Driving	Right
International Calls	+ or 00
Tel. Country Code	+358
Mobile Phone	Telia, Elisa, DNA
Networks	EUR (€)
Currency	Tap water is safe for drinking
Drinking water	December 6th (Declared on December 6, 1917)
Independence Day	1995
EU member since	April 2023
NATO member since	



Finnish flag



USEFUL EXPRESSIONS

ENGLISH	FINNISH
Hello!	Hei
How are you?	Kuinka voit?
Excuse me	Anteeksi
Enjoy your meal	Hyvää ruokahalua
Goodbye	Hei hei
Competition	Kilpailu
Medal Ceremony	Palkintojen jako
Warm-Up Area	Lämmittelyalue
Train	Juna
Underground	Metro
Tram	Ratikka
Bus	Linja-auto/bussi
What is the price?	Paljonko maksaa?
Where can I find the	Missä on ...?
What time is it?	Paljonko kello on?
I need help!	Tarvitsen apua!
Do you have free Wi-Fi?	Onko täällä ilmainen wifi?
What is the Wi-Fi password?	Mikä on wifin salasana?



TAMPERE, the most attractive city in Finland

Welcome to Tampere

Tampere is the third largest city in Finland, and the centre of its region Pirkanmaa. The city is located between two lakes Näsijärvi and Pyhäjärvi and it is divided in two halves by Tammerkoski rapid. Tampere Stadium, the venue of the European Athletics U20 Championships, is located south of the city center, where the Tammerkoski flow into Pyhäjärvi.

Tampere is within easy reach by plane, train, bus or car. It is 170 km from Helsinki to north and there is easy and quick train connection from Helsinki airport. Check the website of VR (the railway company) for tickets and timetables: vr.fi/en.

In the city most hotels and attractions are within walking distance from each other and easy to reach. In case you don't want to walk, Tampere public transportation takes you where ever you want go within the region. Public transport in Tampere: nysse.fi/en/.



Emergency number

General emergency contact number is **112**

Water

Note that it's safe to drink tap water in Finland.

Electricity

The electric current for use in homes and hotels, as in most of Western Europe countries, is 230 volts (50 Hz) and the plugs used are two round pins.

Currency

The Finnish Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Finland applies rounding rules under which retail payments are rounded in principle to the nearest 5 cent with cash payments.

See and do

Sauna Capital of the World: In the region, nearly 70 public saunas to relax and getting know Finnish sauna culture.

Särkänniemi amusement park: The second most popular amusement park in Finland features an

aquarium, a planetarium, an art museum and an observation tower Näsinneula, which could be seen from almost anywhere in the city.

Museums: Tampere is known for its interesting museums and the World's only Moomin museum is located in Tampere.

Nature

Lakes and ridges brings the nature to the city: take a walk to Pyynikki Ridge, which was formed by the action of ice and sea more than 10 000 years ago, and see the stunning views to both lakes. Forests are always close in Finland: one of the best ways to relax is take a short walk in quiet forest and prepare a food on a campfire.

Food

The food culture of Tampere is versatile and highly valued. The nice way to get to know the city is to head to one of the lovely restaurants and idyllic cafés. Make sure you also visit the beautiful old Market Hall and experience the local atmosphere and flavors *Local treats:* black sausage, world's best doughnut at Pyynikki Observation Tower Café

Tipping

Tipping in Finland is not very common. The price of a product or service has service and taxes always included. So it's normal to pay the bill as it is.

If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to nearest convenient figure.

Accommodation

You can spend the night overlooking the rooftops of the city or in a cozy cottage enjoying the peace and quiet of the nature. Find the place that fits your style from a wide selection of hotels, B&B's, apartments and camping areas.

More information about accommodation and everything else related to Tampere in Visit Tampere website:

visittampere.fi/en/accommodation/.

Information and part of the texts from Visit Tampere website: visittampere.fi/en/.

10 tips for a summer in Tampere

Located in Central Finland, Tampere is a fantastic summer city offering visitors a variety of activities. You can explore historical ridge landscapes in Pyylikki and Pispala, admire impressive architectural sites like Nokia Arena and Saunaravintola Kuuma, or enjoy thrilling rides and breathtaking views at Särkänniemi amusement park and the Näsinneula observation tower. Tampere is also Finland's sauna capital. See more tips for a Tampere visit at visittampere.fi/en/.

TOP 10 SUMMER DESTINATIONS IN TAMPERE

Särkänniemi & Näsinneula

Spend a summer day at Särkänniemi Amusement park, enjoying thrilling rides by Lake Näsijärvi. For a more relaxed experience, visit the Doghill Fairytale Farm, the Planetarium, or the Näsinneula Observation Tower. The Särkänniemi area also features numerous restaurants. More info at sarkanniemi.fi/en/.

Pyylikki Ridge, Beach & Observation Tower

Close to the city centre, Pyylikki Ridge offers breathtaking views over Lake Pyhäjärvi. Pyylikki Ridge is a protected nature reserve. The area is home to the renowned Pyylikki Cafeteria (munkkikahvila.net/en/) or as in Finnish Pyylikin Munkkikahvila (Pyylikki doughnut cafe), located just below the Observation Tower.

Tampere Outdoor Swimming Pool

The go-to place for sunny summer days is the outdoor pool in the Kaleva district. Perfect for relaxing, picnicking, and swimming, it's a great choice for families. More info at tampere.fi/en/.

Hatanpää Arboretum

Hatanpää botanical area consists of three distinct parks: Hatanpää Arboretum, Hatanpää Manor Park with its beautiful rose gardens, and Vihilahti Park. During the summer season, two charming cafes welcome guests. More info at tampere.fi/en/.

Saunaravintola Kuuma & Laukontori

Located in the city centre at Laukontori Market Square, this venue combines a restaurant and a sauna. Diners can enjoy Nordic cuisine, while sauna-goers can relax with views over Ratina Bay and take

a refreshing swim in Lake Pyhäjärvi. More info at saunaravintolakuuma.fi/en/.

Rajaportti Sauna

Rajaportti Sauna in Pispala is the oldest continuously operating public sauna in Finland, offering an authentic sauna experience. More info at rajaporttinsauna.fi/en/.

Viikinsaari Island

Viikinsaari is an island located in Lake Pyhäjärvi, just off the shores of Tampere and Pirkkala. A short 20-minute boat ride from Laukontori takes visitors to this summer retreat, where they can enjoy swimming, sauna experiences, and delicious meals at the island's restaurant. More info at visittampere.fi/en/.

Finlayson & Tampella Districts

The historic industrial districts of Finlayson and Tampella are located right in the heart of Tampere, lining both sides of the Tammerkoski rapids. More info at vapriikki.fi/en/.

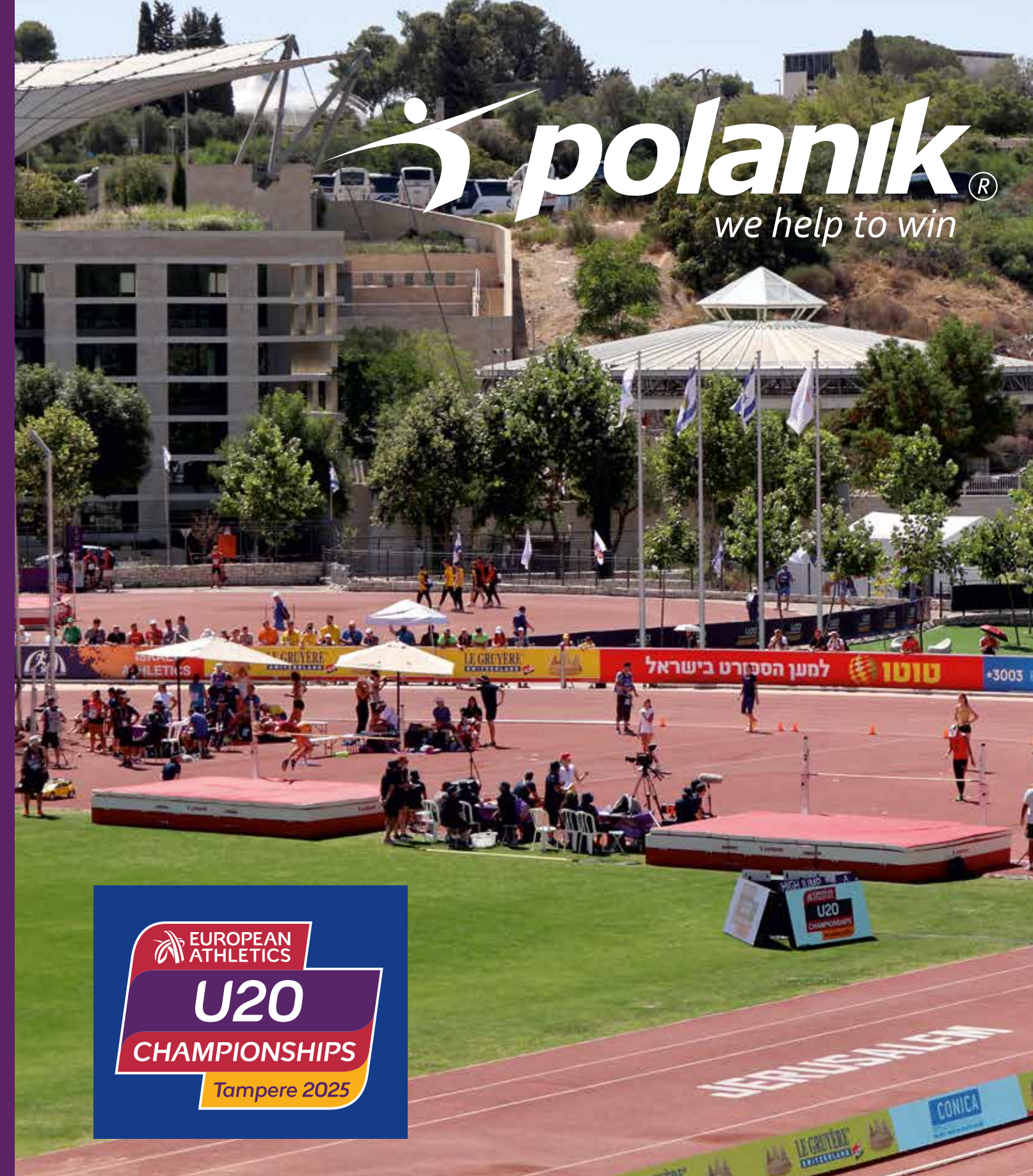
Over in the Finlayson district, visitors can immerse themselves in artistic experiences, explore museums, attend festivals, and enjoy concerts both indoors and outdoors. More info at finlaysoninalue.fi/en/.

Pispala & Pispala Ridge

Stretching from Pyylikki to Pispala's picturesque neighbourhood, this ridge area is known for its narrow streets, stunning city views, and historical landmarks. Pispala also features iconic restaurants, including the legendary suburban restaurant Pispalan Pulteri (pispalanpulteri.fi/en/) and the brunch favourite Cafe Pispala (tripadvisor.com/).

Nokia Arena

One of Tampere's newest landmarks, Nokia Arena is an architectural masterpiece designed by renowned American architect Daniel Liebeskind. While it's best known as the home of Tappara and Ilves ice hockey teams, the venue hosts various events throughout the year, capacity up to 15,000 people. It also features multiple restaurants and a hotel by Lapland Hotels. More info at nokiaarena.fi/en/.



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An event should run smoothly all by itself

Jukka Hosio, Competition Director for the European Athletics U20 Championships in Tampere, believes that he and his competition organisation have been successful if both spectators and athletes think an event is running smoothly all by itself.

"The goal is to plan everything so well that we don't have any surprises," says Hosio.

Hosio is the 56-year-old managing director at Deltabit Oy, which produces working hour monitoring software and devices. He's been volunteering with host club Tampereen Pyrintö for more than 13 years.

"I did some athletics as a child, but my main sport was cross-country skiing. Along with competing, I've always had a strong desire to help others. At the age of 16, I was already running an athletics group for children and doing all kinds of

volunteer work at Janakkalan Jana, which was my sports club at that time," explains Hosio.

Hosio's first contact with the work of an athletics official was at the World Athletics Championships held in Helsinki in 1983.

"I was watching the first world championships in Helsinki as a little boy. My uncle was an official there, and I thought that was the coolest thing. At that time, I didn't think that I would ever be doing it myself, but I already knew something about volunteer work."

"At Pyrintö, all the parents participate in organising competitions"

Hosio's journey to becoming an athletics official at Tampereen Pyrintö began when his children decided to start athletics as a hobby.

"I've often joked that my children began athletics so that I could work at the competitions. At Tampereen Pyrintö, all the parents are involved in organising competitions. In fact, I wasn't active at the beginning because I worked for Nokia in Espoo and lived in Tampere," recalls Hosio.

That situation changed when Hosio agreed to handle audience guidance at the Hippohallit indoor junior competition in 2012. The following year, Hosio was already chief judge for long jump and triple jump at the European Athletics U23 Championships in Tampere.

"I completed all the training right up to competition director in the year preceding the European Championships. The club provided a lot of support for training," says Hosio.

Hosio describes himself as a person who chooses to do a small number of things, but wants to do them really well. People noticed this, and it wasn't long before Hosio was qualified to operate the finish line camera. That work involved over 30 competitions in a single year.

The timetable is like a film script

Interesting assignments are motivating. Hosio was in charge of field events at the Finland-Sweden match in 2016 and the U20 world championships in 2018. He then served as

competition director for the 2020 Finland-Sweden match held in Tampere during the corona pandemic.

"At the 2018 world championships, I ended up running daily activities at the field level. That was a really demanding assignment. The delegates wanted to tour the stadium at 7 am and check that everything was ready. The stadium maintenance personnel arrived at 4 am to mow the grass and I was there at 5 am," recalls Hosio. "It was a lot of work, but we kept things running smoothly."

At this year's European Athletics U20 Championships, Hosio leads a competition organisation of some 200 people with the goal of providing an enjoyable atmosphere for athletes and spectators. According to Hosio, a functional timetable, detailed planning and training for officials are the keys to success.

"Everything starts with the timetable, which is a kind of film script. The competition should be like a wave with evenly distributed peaks," says Hosio.

"We started building the timetable nearly a year ago by considering which events would be on which days, negotiating with the athletics federation about potential medal candidates and then distributing their events over different days. This was partly guesswork, but it turned out well because the competitors that we took into account when planning the timetable are in good condition and will be at the competition," explains Hosio.

The club wants to offer challenges to its volunteers

Once the timetable was ready, it provided the basis for detailed planning of what needs to be done and when. The process of supplementing the skills and experience of officials was ongoing the whole time.

"Most of our officials have been involved for two years. Televised Finnish competitions have been an opportunity to refine our processes, and we've been steadily moving towards the European Athletics U20 Championships competition model – that means stricter rules and less room for flexibility."

Tampereen Pyrintö has actively applied to host major Finnish and international events for years. Hosio believes that this is one of the strengths of the club, which was founded in 1896.

"We have a lot of very competent officials. We apply for and handle many demanding tasks so that our officials can maintain their skills and we can offer them larger goals – which has also been the case for me."

THE GOAL OF A "CLEAN INFELD" IS A NEW REQUIREMENT

A new challenge for Tampere's U20 competition organisation is the European Athletics (EA) goal of a so-called clean infield.

"The aim is to have as few people as possible on the field other than the athletes," says Hosio.

For example, in Tampere there will be no flag judge to indicate a foul in long jump and triple jump. A device located beside the take-off board will use green and red lights to show whether the jump was legal or not. These lights will be controlled from the upper tribune in Tampere Stadium.

"There is nothing exceptional in pole vault. In high jump, the secretary and results board operator will be outside the track behind the advertising fence. An exception to this is women's high jump final because there is not enough space for that arrangement," explains Hosio.

"The throwing events will have a flag judge but no secretary or results board operator on the field." Athletes will follow the progress of their event from the infield results board.

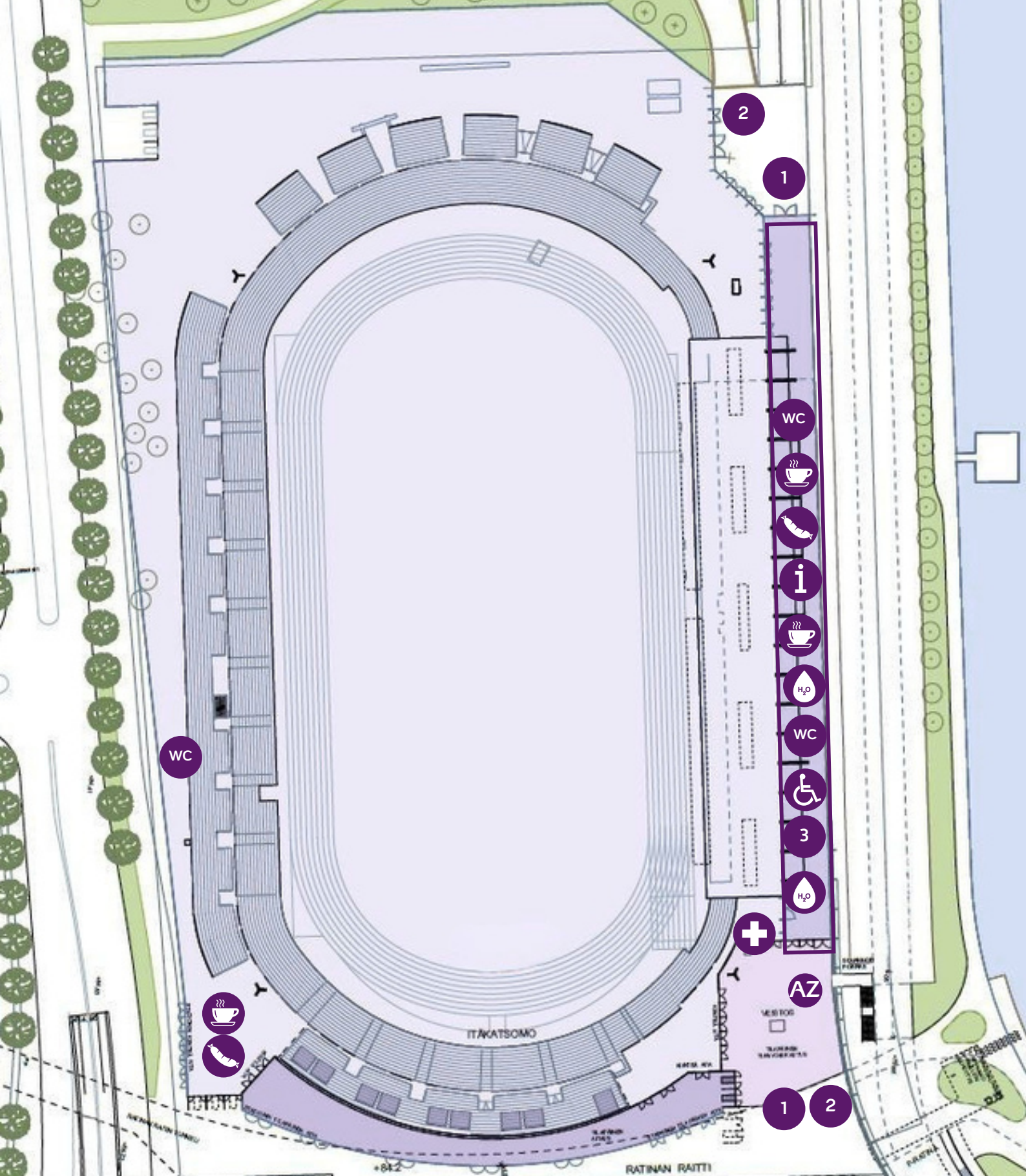
"There will also be a live results CIS display on the field. This will show the athletes what's happening in their competition. A so-called Athletes Judge will also be on the field. This is an official whose job is to help the athletes if any problems arise."

According to Hosio, these changes represent a challenge for the competition organisation.

"The competition director's competence will be measured by whether people notice the changes or everything runs smoothly. The competition director has failed if the audience notices that something is being done differently."

- 1 Tampere Stadium
- 2 Ratina Shopping Centre
- 3 Koskikeskus Shopping Centre
- 4 Kesäkeidas Market Square

-  Train Station
-  Bus Station



- 1 Entrance
- 2 Tickets
- 3 Market Square
- i Info
- AZ Athlete Zone
- + First Aid
-  Cafe
- WC Toilet
-  Accessible Toilet
-  Grill Sausage
-  Water





Athletes' Zone

A vibrant new initiative is making its mark on and off the track: the Athletes' Zone, a dedicated space delivered by young people, for young people.

Located in the heart of Tampere 2025, **next to the main tribune and mixed zone, close to the Market Square**, the Athletes' Zone is **open daily from 9am to 9pm** and offers a welcoming environment where athletes can connect, unwind, and explore key issues that matter both inside and outside the stadium.

The initiative aligns with the Race for Respect's core mission: to promote safeguarding, human rights, and mental health and well-being across European Athletics.

What is the Athletes' Zone?

The Athletes' Zone is more than a chill-out area. It is an interactive and empowering space that blends fun, learning, and meaningful engagement. From the Escape Game that

challenges players to explore safeguarding scenarios, to light-hearted activities like the Photo Booth and Tattoo station, every corner of the Zone is designed to spark curiosity and conversation. Athletes can also test their knowledge through quizzes creating a unique mix of education and entertainment.

Built by Youth, for Youth

Central to the Athlete Zone is the concept of "Youth for Youth." Four specially appointed young volunteers - each experienced in youth-led projects will be on-site throughout the competition to run the space and interact with participants. Their presence ensures that the atmosphere is peer-driven, authentic, and relatable.

Empowering the Next Generation

The Athletes' Zone brings to life the broader strategic vision from European Athletics: to

empower young athletes, amplify their voices, and provide platforms for learning and advocacy. It forms a vital part of the European Athletics Strategic Roadmap 2024-2027 put in place by President Karamarinov leaderships.

"Empowering the next generation means more than supporting performance—it means giving young athletes a voice, a space to grow, and a learning platform to explore the many topics that matter throughout their careers. The Athletes' Zone is where fun, learning, and inspiration come together, bringing to life our shared vision for a modern, athlete-centred sport."

This is the first-ever European Athletics Athletes' Zone designed specifically for our youngest athletes, with topics tailored to their age, interests, and the values of European Athletics.

Athletes' feedback is important to us. Just as we encourage athletes to speak up, we must also be ready to listen and help, to use their insights to shape the future of our sport for the benefit of

all stakeholders. Fighting for clean and safe sport will always remain our priority. I hope they enjoy their space in Tampere" said European Athletics President Dobromir Karamarinov

Win Prizes, Make Memories

Participants in the European Athletics U20 Championships Athletes' Zone also have the chance to win exciting gifts and even tickets to the European Athletics Championships 2026 in Birmingham.

Respect: On the Track and Beyond

Race for Respect is more than a competition-day campaign—it's a year-round movement rooted in values of integrity, ethics, safety, and inclusion. The Athletes' Zone in Tampere will help us to create a culture where every young athlete feels safe to be themselves — and safe to speak.

Timetable

7-10 August 2025

Thursday 7.8.

DAY			
09:30	100 m Dec	M	Heats
10:00	400 m	W	R1
10:05	Hammer Throw	M	Q A
10:30	Long Jump Dec	M	A+B
10:50	400 m	M	R1
11:20	Hammer Throw	M	Q B
11:50	100 m	W	R1
12:00	Long Jump	M	Q A+B
12:15	Shot Put Dec	M	A+B
12:40	100 m	M	R1
12:45	Discus Throw	W	Q A
13:25	Shot Put	M	Q A+B
13:35	400 m H	M	R1
13:45	Triple Jump	W	Q A+B
14:00	Discus Throw	W	Q B

EVENING			
16:15	Discus Throw	M	Q A
16:25	400 m H	W	R1
16:30	High Jump Dec	M	A+B
17:15	3000 m	M	R1
17:35	Discus Throw	M	Q B
17:55	800 m	M	R1
18:00	Pole Vault	M	Q A+B
18:45	1500 m	W	R1
19:05	Javelin Throw	W	Q A
19:15	5000 m	W	F
19:25	High Jump	W	Q A+B
19:45	400m Dec	M	Heats
20:20	100 m	W	SF
20:25	Javelin Throw	W	Q B
20:50	100 m	M	SF

Friday 8.8.

DAY			
09:15	Pole Vault	W	Q A+B
09:30	110 m H Dec	M	Heats
10:10	3000 m SC	W	R1
10:20	Discus Throw Dec	M	A
11:10	200 m	M	R1
11:30	Discus Throw Dec	M	B
12:00	200 m	W	R1
12:15	Pole Vault Dec	M	A
12:20	Shot Put	M	F
12:45	Hammer Throw	W	Q A
12:55	Pole Vault Dec	M	B
13:00	1500 m	M	R1
13:35	3000 m	W	R1
13:55	Hammer Throw	W	Q B

EVENING			
15:50	Hammer Throw	M	F
16:00	High Jump	M	Q A+B
16:35	400 m	M	SF
17:05	Triple Jump	W	F
17:10	400 m	W	SF
17:30	Javelin Throw Dec	M	A
17:40	800 m	W	R1
18:25	5000 m	M	F
18:35	Javelin Throw Dec	M	B
18:55	400 m H	M	SF
19:15	Long Jump	M	F
19:25	400 m H	W	SF
19:50	Discus Throw	W	F
19:55	1500 m Dec	M	F
20:40	100 m	W	F
21:00	100 m	M	F

Saturday 9.8.

DAY			
09:00	10000m RW	W	F
09:35	Javelin Throw	M	Q A
10:15	100 m H Hep	W	Heats
10:40	100 m H	W	R1
10:50	Javelin Throw	M	Q B
10:55	Long Jump	W	Q A+B
11:25	110 m H	M	R1
11:30	High Jump Hep	W	AB
12:15	3000 m SC	M	R1
12:45	Javelin Throw	W	F
12:40	Triple Jump	M	Q A+B
12:50	4 x 400 m Relay	W	R1
13:25	4 x 400 m Relay	M	R1
14:00	200 m	M	SF
14:30	200 m	W	SF

EVENING			
17:00	Shot Put Hep	W	AB
17:05	400 m H	M	F
17:15	Discus Throw	M	F
17:20	400 m H	W	F
17:35	200 m	W	F
17:45	200 m	M	F
17:55	3000 m SC	W	F
18:10	Pole Vault	M	F
18:15	200 m Hep	W	Heats
18:25	Shot Put	W	Q A+B
18:40	800 m	M	F
18:55	1500 m	W	F
19:05	Hammer Throw	W	F
19:10	4 x 100 m Relay	W	R1
19:40	4 x 100 m Relay	M	R1
20:05	3000 m	M	F
20:25	400 m	M	F
20:35	400 m	W	F

Sunday 10.8.

DAY			
10:00	Long Jump Hep	W	AB
10:25	10000 m RW	M	F
10:30	High Jump	M	F
11:20	Javelin Throw Hep	W	A
11:25	Pole Vault	W	F
11:40	110 m H	M	SF
12:30	100 m H	W	SF
12:50	Javelin Throw Hep	W	B
13:05	3000 m	W	F

EVENING			
16:45	Triple Jump	M	F
17:00	Shot Put	W	F
17:30	High Jump	W	F
17:50	4 x 100 m Relay	W	F
18:05	4 x 100 m Relay	M	F
18:15	3000 m SC	M	F
18:35	Javelin Throw	M	F
18:45	1500 m	M	F
18:55	Long Jump	W	F
19:00	800 m	W	F
19:15	110 m H	M	F
19:30	100 m H	W	F
19:40	800 m Hep	W	F
20:05	4 x 400 m Relay	W	F
20:15	4 x 400 m Relay	M	F

CEREMONIES

Opening Ceremony

The Opening Ceremony will take place on 6th of August at 18:00 in the plaza in front of the Tampere Stadium (near by Ratina Shopping Center).

Medal Ceremony

The Medal Ceremonies will take place in the Tampere Stadium. First, second and third shall receive gold, silver and bronze medals respectively.

The times are Finnish times.

The organizer reserves all rights to any schedule changes.



10 to watch at the U20 Tampere

10 to watch at the European Athletics U20 Championships

Some 22 years after Tampere last staged the event, the European Athletics U20 Championships return to Finland's second biggest city in one week today from 7-10 August. And the entry-lists are replete with champions including 30 individual gold medallists from the 2024 European Athletics U18 Championships and three gold medallists from the World Athletics U20 Championships, all of whom will be looking to add their names to the roll-of-honour in Tampere. The European Athletics U20 Championships will be streamed live in its entirety on the European Athletics website courtesy of Eurovision Sport and will be accompanied by expert English-language commentary.

Ahead of the European Athletics U20 Championships, we pick out 10 names to keep a watchful eye on across the four days of competition in Tampere.

Innes FitzGerald (Great Britain) Innes FitzGerald has dismantled the fields at the last two editions of the U20 race at the SPAR European Cross Country Championships and the 19-year-old has broken through significantly on the track this year. In her last race, FitzGerald shattered Zola Budd's legendary 40-year-old European U20 record of 14:48.07 with 14:39.56 in the London Diamond League. This time also moved her to fifth on the British all-time list, one place ahead of her coach Jo Pavey. Given FitzGerald's propensity to run hard and unrelentingly from the front, the record books could be rewritten in Tampere. The championship records for the 3000m and 5000m stand at 8:50.97 and 15:03.85 respectively.

Michal Rada (Czechia) "It's like watching a man against boys," was how one of the commentators described Michal Rada's performance at the European Athletics U18 Championships last year when he stormed to the European Athletics U18 Championships 400m hurdles title in 49.42, smashing the European U18 best by almost an entire second. Rada has since graduated to the senior height barriers and the 18-year-old is taking them in his stride. He has improved to 49.08 to climb to fourth on the European U20

all-time list and is closing in on the European U20 record of 48.74 which has stood since 1984.

Kelly Doualla (Italy) With a birthdate of November 2009, Kelly Doualla is one of the youngest athletes competing in Tampere but the 15-year-old is an athlete with a vastly growing profile. In her most recent competition, Doualla broke the European U18 100m best at the European Youth Olympic Festival in Skopje with 11.21, a time which puts her top of the European U20 list against athletes up to four years her senior. And at 15, Doualla is also eligible to compete on home soil at next year's European Athletics U18 Championships which take place in Rieti.

Allika Inkeri Moser (Estonia) The first record of the European Youth Olympic Festival came in the very first final as Estonia's Allika Inkeri Moser won pole vault gold by a Duplantis-esque margin of 47 centimetres with a world U18 best of 4.52m. The 17-year-old, who is coached by 2000 Olympic decathlon champion Erki Nool, also sits atop the European U20 list with Tampere 2025 just over a week away.

Anastazja Kus (Poland) The newest Polish one-lap prospect is Anastazja Kus who stormed to 400m gold at the European Athletics U18 Championships last year in a championship record and Polish U18 record of 51.89. Kus, who was part of Poland's silver medal-winning team in the 4x400m at the World Athletics Indoor Championships in Nanjing, is rounding into title-contending form having recently won the Polish U20 title in 52.01, the second fastest time of her career.

Pedro Afonso (Portugal) Only 18, Pedro Afonso is one of the rising prospects of Portuguese athletics after winning the 200m and 400m titles in 20.66 and 45.78 respectively at the Portuguese U20 Championships. Both times would rank him top of the entry-list but Afonso has opted to focus solely on the 200m individually although expect to see him in Portugal's 4x100m relay team as well.

Håkon Moe Berg (Norway) For all of Jakob Ingebrigtsen's exploits, the Norwegian superstar

never won the European U20 1500m title, his bid for gold in 2017 scuppered by a heavy fall in a tactical race on the last lap. But 19-year-old Håkon Moe Berg looks like the athlete to beat in the 1500m in Tampere. He has reduced his lifetime best to 3:35.41 and leads the entry-list by over three seconds.

Remi Mourie (France) Still only 17, Mourie is putting together a glittering CV in major age-group events. The Frenchman recently won the European Youth Olympic Festival long jump title to accompany his gold medal from last year's European Athletics U18 Championships. And Mourie begins as the favourite for the long jump title in Tampere. One of the youngest athletes in the field, Mourie is the only athlete to have broken the eight metre-barrier with a European U20 leading mark of 8.05m.

Jana Koscak (Croatia) Injury forced Jana Koscak to pull out of the heptathlon mid-competition two years ago but the precocious 19-year-old, who holds the world U18 best with 6293 points, has another chance of winning European U20 gold in Tampere. The Croatian won the world U20 title in Lima last year but even that competition was fraught with difficulties with Koscak confined to hospital post-competition with a bacterial infection. But seemingly fit and healthy again, Koscak scored 6190 points in her most recent heptathlon in Talence. She will be hoping for a less eventful competition in her last significant heptathlon in this age-group.

Aatu Kangasniemi (Finland) One of Finland's main medal hopes in Tampere, Aatu Kangasniemi has the unusual - and quite possibly unique - status of being ranked second on the European U20 list in both the shot put (20.51m) and hammer (76.32m). Can the 19-year-old come away with medals in both events? A potential obstacle for this uniquely gifted athlete is the fact that both finals are scheduled less than four hours apart next Friday (8) which would make the accomplishment all the more impressive.



Nooralotta Neziri was the Finnish standout at the European Athletics U23 Championships in Tampere 2013. She won bronze at 100 meter hurdles and has been one the stars of Finnish athletics teams at World and European level ever since.

Who's going to be the Finnish star at Tampere 2025?

The European Athletics U20 Championships in August will be the 4th major age-group athletics event held in Tampere. Ratina Stadium has previously been the site of European Athletics U20 and U23 Championships, and most recently it hosted the World Athletics U20 Championships in 2018.

"Tampere is well known for its excellent and encouraging atmosphere during all those events. I'm sure the knowledgeable Finnish audience and completely renewed Mondo surface at Ratina Stadium will once again provide the setting for a high-level European championships," says Elisa Hakanen, General Secretary of the event.

The 2003 European Athletics U20 Championships at Ratina was marked by a clean sweep of the medals in men's javelin by Finland's Teemu Wirkkala, Tero Järvenpää and Antti Ruuskanen. The Finnish standout at the U23 competition in 2013 was Nooralotta Neziri with a bronze medal in the women's 100m hurdles.

Helena Leveelahti's silver medal in discus was the Finnish highlight at the World Athletics U20 Championships held at Ratina Stadium in 2018.

Duplantis and Ingebrigtsen competed at Ratina Stadium

Hakanen wants to remind people that age-group championships always provide a window on the future of the sport. Pole vault world record holder and multiple gold medallist Armand Duplantis and middle distance superstar Jacob Ingebrigtsen both competed at the two previous age-group championships held in Tampere.

"Other European, world and Olympic champions from Europe who have competed in events held in Tampere include top javelin and discus throwers Thomas Röhler, Zigismunds Sirmais and Andrius Gudžius as well as female sprint stars Mujinga Kambundji and now-retired Dafne Schippers," recalls Hakanen.

"Athletes like 10000m Olympic champion Selemon Barega, 4-time world cross-country gold medallist Jacob Kiplimo, Olympic race walk champion Massimo Stano, Olympic 10000m silver medallist Berihu Aragawi and Olympic triple jump champion Jordan Alejandro Díaz all competed at the World Athletics U20 Championships in Tampere."

European U20 Records

Gender	Event	Result	Wind	Name	Country	Venue	Date
M	100m	10.04	0.2	Christophe Lemaitre	FRA	Novi Sad	2009-07-24
M	200m	19.96	-1.0	Blessing Afrifa	ISR	Cali	2022-08-04
M	400m	45.01		Thomas Schönlebe	GDR	Berlin	1984-07-15
M	800m	1:44.14		Max Burgin	GBR	Ostrava	2021-05-19
M	1500m	3:29.54		Niels Laros	NED	Paris	2024-08-06
M	3000m	7:43.20		Ari Paunonen	FIN	Köln	1977-06-22
M	5000m	13:02.03		Jakob Ingebrigtsen	NOR	London	2019-07-20
M	3000m Steeplechase	8:29.12		Axel Vang Christensen	DEN	Bergen	2022-06-08
M	110m Hurdles (99.1cm)	12.72	1.0	Sasha Zhoya	FRA	Nairobi	2021-08-21
M	400m Hurdles	48.74		Vladimir Budko	URS	Moskva	1984-08-18
M	High Jump	2.37		Dragutin Topić	YUG	Plovdiv	1990-08-12
M	High Jump	2.37		Steve Smith	GBR	Seoul	1992-09-20
M	Pole Vault	6.05		Armand Duplantis	SWE	Berlin	2018-08-12
M	Long Jump	8.38	-0.5	Mattia Furlani	ITA	Roma	2024-06-08
M	Triple Jump	17.50	0.4	Volker Mai	GDR	Erfurt	1985-06-23
M	Shot Put (6kg)	22.73		David Storl	GER	Osterode	2009-07-14
M	Discus Throw (1.75kg)	71.37		Mika Sosna	GER	Schönebeck	2022-06-10
M	Hammer Throw (6kg)	84.73		Mykaylo Kokhan	UKR	Borås	2019-07-19
M	Javelin Throw	84.98		György Herczeg	HUN	Eisenstadt	2023-07-26
M	Decathlon U20	8435		Niklas Kaul	GER	Grosseto	2017-07-23
M	10,000m Race Walk	38:46.4h		Viktor Burayev	RUS	Moskva	2000-05-20
M	4 x 100m	38.90		POL	POL	Nairobi	2021-08-22
M	4 x 400m	3:04.05		ITA	ITA	Tampere	2018-07-15
W	100m	10.88	2.0	Marlies Oelsner	GDR	Dresden	1977-07-01
W	200m	22.19	1.5	Natalya Bochina	URS	Moskva	1980-07-30
W	400m	49.42		Grit Breuer	GER	Tokyo	1991-08-27
W	800m	1:55.88		Keely Hodgkinson	GBR	Tokyo	2021-08-03
W	1500m	4:04.24		Nelya Neporadna	UKR	Paris	2003-08-29
W	3000m	8:28.83		Zola Pieterse	GBR	Roma	1985-09-07
W	5000m	14:39.56		Innes FitzGerald	GBR	London	2025-07-19
W	3000m Steeplechase	9:32.74		Gesa Felicitas Krause	GER	Daegu	2011-08-30
W	100m Hurdles	12.85	2.0	Elvira Hrabarenka	BLR	Bydgoszcz	2016-07-24
W	400m Hurdles	55.46		Ionela Tîrlea	ROU	Göteborg/U	1995-08-11
W	High Jump	2.04		Yaroslava Mahuchikh	UKR	Doha	2019-09-30
W	Pole Vault	4.71i		Wilma Murto	FIN	Zweibrücken	2016-01-31
W	Long Jump	7.14	1.1	Heike Daute	GDR	Bratislava	1983-06-04
W	Triple Jump	14.62	1.0	Tereza Marinova	BUL	Sydney	1996-08-25
W	Shot Put	20.54		Astrid Kumbernuß	GDR	Orimattila	1989-07-01
W	Discus Throw	74.40		Ilke Wyludda	GDR	Berlin	1988-09-13
W	Hammer Throw	73.43		Silja Kosonen	FIN	Vaasa	2021-06-28
W	Javelin Throw	63.52		Adriana Vilagoš	SRB	Cali	2022-08-02
W	Heptathlon	6542		Carolina Klüft	SWE	München	2002-08-10
W	10,000m Race Walk	42:47.25		Anežka Drahotová	CZE	Eugene OR	2014-07-23
W	4 x 100m	43.27		GER	GER	Grosseto	2017-07-23
W	4 x 400m	3:28.39		GDR	GDR	Sudbury	1988-07-31

World U20 Records

Gender	Event	Result	Wind	Name	Country	Venue	Date
M	100m	9.91	0.8	Letsile Tebogo	BOT	Cali	2022-08-02
M	200m	19.69	-0.3	Erriyon Knighton	USA	Eugene OR	2022-06-26
M	400m	43.87		Steve Lewis	USA	Seoul	1988-09-28
M	800m	1:41.73		Nijel Amos	BOT	London	2012-08-09
M	1500m	3:27.72		Phanuel Koech	KEN	Paris	2025-06-20
M	3000m	7:28.19		Yomif Kejelcha	ETH	Paris	2016-08-27
M	5000m	12:43.02		Selemon Barega	ETH	Bruxelles	2018-08-31
M	3000m Steeplechase	7:58.66		Saif Saeed Shaheen	KEN	Bruxelles	2001-08-24
M	110m Hurdles (99.1cm)	12.72	1.0	Sasha Zhoya	FRA	Nairobi	2021-08-21
M	400m Hurdles	47.34		Roshawn Clarke	JAM	Budapest	2023-08-21
M	High Jump	2.37		Dragutin Topić	YUG	Plovdiv	1990-08-12
M	High Jump	2.37		Steve Smith	GBR	Seoul	1992-09-20
M	Pole Vault	6.05		Armand Duplantis	SWE	Berlin	2018-08-12
M	Long Jump	8.38	-0.5	Mattia Furlani	ITA	Roma	2024-06-08
M	Triple Jump	17.75	0.7	Jaydon Hibbert	JAM	Kingston	2024-06-01
M	Shot Put (6kg)	23.00		Jacko Gill	NZL	Auckland	2013-08-18
M	Discus Throw (1.75kg)	71.37		Mika Sosna	GER	Schönebeck	2022-06-10
M	Hammer Throw (6kg)	85.57		Ashraf Amjad Al-Saifi	QAT	Barcelona	2012-07-14
M	Javelin Throw	86.48		Neeraj Chopra	IND	Bydgoszcz	2016-07-23
M	Decathlon U20	8435		Niklas Kaul	GER	Grosseto	2017-07-23
M	10,000m Race Walk	38:46.4h		Viktor Burayev	RUS	Moskva	2000-05-20
M	4 x 100m	38.51		RSA	RSA	Nairobi	2021-08-22
M	4 x 400m	2:59.30		USA	USA	San José	2019-07-21
W	100m	10.88	2.0	Marlies Oelsner	GDR	Dresden	1977-07-01
W	200m	21.81	0.8	Christine Mboma	NAM	Tokyo	2021-08-03
W	400m	49.42		Grit Breuer	GER	Tokyo	1991-08-27
W	800m	1:54.01		Pamela Jelimo	KEN	Zürich	2008-08-29
W	1500m	3:51.34		Lang Yinglai	CHN	Shanghai	1997-10-18
W	3000m	8:25.37		Birke Haylom	ETH	Liévin	2025-02-13
W	5000m	14:21.89		Medina Eisa	ETH	Bruxelles	2024-09-14
W	3000m Steeplechase	8:58.78		Celliphine Chespol	KEN	Eugene OR	2017-05-26
W	100m Hurdles	12.71	1.3	Britany Anderson	JAM	Joensuu	2019-07-24
W	400m Hurdles	53.60		Sydney McLaughlin-Levrone	USA	Fayetteville AR	2018-04-27
W	High Jump	2.04		Yaroslava Mahuchikh	UKR	Doha	2019-09-30
W	Pole Vault	4.71i		Wilma Murto	FIN	Zweibrücken	2016-01-31
W	Long Jump	7.14	1.1	Heike Daute	GDR	Bratislava	1983-06-04
W	Triple Jump	14.62	1.0	Tereza Marinova	BUL	Sydney	1996-08-25
W	Shot Put	20.54		Astrid Kumbernuß	GDR	Orimattila	1989-07-01
W	Discus Throw	74.40		Ilke Wyludda	GDR	Berlin	1988-09-13
W	Hammer Throw	75.14		Zhang Jiale	CHN	Fränkisch-Crumbach	2025-06-08
W	Javelin Throw	64.83		Yan Ziyi	CHN	Chengdu	2025-03-28
W	Heptathlon	6542		Carolina Klüft	SWE	München	2002-08-10
W	10,000m Race Walk	42:47.25		Anežka Drahotová	CZE	Eugene OR	2014-07-23
W	4 x 100m	42.59		JAM	JAM	Cali	2022-08-05
W	4 x 400m	3:27.60		USA	USA	Grosseto	2004-07-18

National U20 Records

Gender	Event	Result	Wind	Name	Venue	Date
M	100m	10.31	0.2	Samuel Purola	Mannheim	2017-07-01
M	200m	20.83	2.0	Kimmo Saaristo	Utrecht	1981-08-23
M	400m	46.72		Jaakko Kemola	Helsinki	1976-09-04
M	800m	1:47.74		Ari Paunonen	Tampere	1977-07-30
M	1500m	3:38.07		Ari Paunonen	Tampere	1977-07-31
M	3000m	7:43.20		Ari Paunonen	Köln	1977-06-22
M	5000m	13:41.03		Ari Paunonen	Helsinki	1977-06-07
M	3000m Steeplechase	8:38.51		Tuomo Lehtinen	Oulu	1998-08-08
M	110m Hurdles (99.1cm)	13.13	1.6	Rasmus Vehmaa	Lappeenranta	2024-07-17
M	400m Hurdles	49.36		Antti Sainio	Lima	2024-08-30
M	High Jump	2.24		Toni Huikuri	Vantaa	1996-07-23
M	Pole Vault	5.60		Matti Mononen	Kuortane	2002-07-28
M	Pole Vault	5.60		Juho Alasaari	Cali	2022-08-04
M	Long Jump	7.90	1.5	Kenneth Kastrén	Tuusula	1994-07-09
M	Triple Jump	16.04	1.3	Johan Meriluoto	Vantaa	1993-08-10
M	Triple Jump	16.04	1.5	Janne Harju	Odense	1998-08-23
M	Shot Put (6kg)	21.09		Eero Ahola	Hvidovre	2018-08-12
M	Discus Throw (1.75kg)	62.32		Pyry Niskala	Riihimäki	2009-08-16
M	Hammer Throw (6kg)	80.54		Aleksi Jaakkola	Nokia	2016-04-28
M	Javelin Throw	82.52		Harri Haatainen	Leppävirta	1996-05-25
M	Decathlon	7881		Aki Heikkinen	Rīga	1999-08-06
M	10,000m Race Walk	40:52.94		Jani Lehtinen	Helsinki	1993-06-01
M	4 x 100m	40.04		FIN	Cali	2022-08-04
M	4 x 400m	3:09.77		FIN	San Sebastián	1993-08-01
W	100m	11.39	0.0	Johanna Manninen	Ljubljana	1997-07-25
W	200m	23.00	0.7	Johanna Manninen	Göteborg/U	1999-09-05
W	400m	52.37i		Ella Räsänen	Göteborg/Sc	2013-03-01
W	1500m	4:14.48		Riina Tolonen	Grosseto	2001-07-22
W	5000m	14:56.22		Annemari Sandell	Stockholm/S	1996-07-08
W	3000m Steeplechase	9:45.51		Oona Kettunen	Rieti	2013-07-20
W	100m Hurdles	13.20	1.8	Mila Heikkonen	Porvoo	2024-07-27
W	400m Hurdles	56.49		Viivi Lehkoinen	Grosseto	2017-07-23
W	High Jump	1.90		Minna Vehmasto	Vantaa	1981-12-07
W	High Jump	1.90		Katja Kilpi	Lappajärvi	1990-09-08
W	Pole Vault	4.71i		Wilma Murto	Zweibrücken	2016-01-31
W	Long Jump	6.42	2.0	Heli Koivula	Tampere	1992-06-13
W	Long Jump	6.42	1.0	Heli Koivula	Stockholm/S	1994-08-27
W	Triple Jump	13.67	-0.8	Kristiina Mäkelä	Tallinn	2011-07-22
W	Shot Put	17.93		Marika Tuliniemi	San Sebastián	1993-07-30
W	Discus Throw	56.80		Helena Leveelahti	Tampere	2018-07-12
W	Hammer Throw	73.43		Silja Kosonen	Vaasa	2021-06-28
W	Javelin Throw	59.52		Anni-Linnea Alanen	Vaasa	2021-06-29
W	Heptathlon	6271		Saga Vanninen	Tallinn	2021-07-16
W	10,000m Race Walk	45:44.53		Taika Nummi	Eskilstuna	2015-07-16
W	4 x 100m	44.40		Rīga		1999-08-08
W	4 x 400m	3:33.15		Cali		2022-08-06

Participating countries

AND	Andorra	KOS	Kosovo
ARM	Armenia	LAT	Latvia
AUT	Austria	LIE	Liechtenstein
AZE	Azerbaijan	LTU	Lithuania
BEL	Belgium	LUX	Luxembourg
BIH	Bosnia and Herzegovina	MDA	Moldova
BUL	Bulgaria	MKD	Republic of North Macedonia
CRO	Croatia	MLT	Malta
CYP	Cyprus	MNE	Montenegro
CZE	Czechia	MON	Monaco
DEN	Denmark	NED	Netherlands
ESP	Spain	NOR	Norway
EST	Estonia	POL	Poland
FIN	Finland	POR	Portugal
FRA	France	ROU	Romania
GBR	Great Britain & Northern Ireland	SLO	Slovenia
GEO	Georgia	SMR	San Marino
GER	Germany	SRB	Serbia
GRE	Greece	SUI	Switzerland
HUN	Hungary	SVK	Slovak Republic
IRL	Ireland	SWE	Sweden
ISL	Iceland	TUR	Türkiye
ISR	Israel	UKR	Ukraine
ITA	Italy		

as per preliminary entries

Tammerkoski Rapids are the theme for Tampere 2025 medals

The European Athletics U20 Championships medals depict the Tammerkoski Rapids that flow through the heart of the host city.

"I wanted to add the spirit of Tampere to the medals," explains Jenni Laine, who designed the medals.

Laine has an MA degree and works as an art teacher. She also designed the medals for the European Athletics U23 Championships 2013 and the World Athletics U20 Championships 2018

that were held in Tampere. The themes for those medals were inspired by Tampere Stadium and its surroundings.

Laine lives in the neighbouring city of Ylöjärvi and has represented the organising club Tampereen Pyrintö for her entire life.

"I joined the club at the age of 6. My sport was orienteering, which I still enjoy. I also like to keep fit by running and cross-country skiing."



Sustainability at the European Athletics U20 Championships

The European Athletics U20 Championships will bring approximately 1,600 athletes, their support staff and an estimated 20,000 spectators and competition tourists to Tampere in early August. The City of Tampere has committed to the Sustainable Tampere 2030 programme and its goals as well as to promote sustainable development in the region and at events. Sustainable activities also comply with the values of Tampereen Pyrintö, which organises large sports events. "As a large multisport club, we want to be a pioneer in sustainability matters and collaborate with our different sport sections. We minimise the required acquisitions by utilising many of our partners. For every new acquisition, we also always try to consider its further use and thus extend the life cycle of that product.

Here in Tampere, we have an outstanding and functional stadium that already has a lot of the necessary structures and elements. The location of Tampere Stadium in the city centre and close to the team hotels makes it possible for most of them to walk to the competition and training venues. This minimises the amount of athlete transportation and resulting emissions," says Elisa Hakanen, Executive Director at Tampereen Pyrintö.

Tap water in Finland purer than bottled water

Finland has some of the world's purest tap water, and we also want to offer it to our athletes. At Tampere Stadium, all athletes, coaches and spectators can refill their own drinking bottles with fresh tap water at several drinking points situated around the stadium.

A small act with big impact: recycling safety pins

Safety pins are an important part of every athlete's kit because they are still the primary method for attaching competition bibs. One of our small but concrete sustainability acts involves collecting the safety pins used by athletes at the competition and reusing them at, for example, junior events in the future.

Use public transport or your own two feet

Tampere has an excellent and functional public transport system that is safe to use. We encourage athletes and support staff to use public transport when travelling to and from competition and training venues. The U20 athlete accreditation pass provides free access to City of Tampere public transport for the entire competition week.

The team hotels and other accommodation have also been selected on the basis of being within walking distance of Tampere Stadium and the training venues. Walking is the best way to reduce your own carbon footprint.

Seedlings for medal winners will become Christmas trees

Athletes will be given small spruce seedlings in conjunction with the medal ceremonies. They can either plant these or donate them to be planted in a line of spruce trees located in the vicinity. Of course, the athletes can also take the seedlings home and plant them there as well. The spruce seedlings planted in the Pirkanmaa region will eventually become Christmas trees in Finnish homes.

Recycling points at Tampere Stadium – don't throw returnable bottles into waste bins!

During the European Athletics U20 Championships, Tampere Stadium will have recycling points where, among other things, people can recycle their returnable bottles. Deposit-based bottle/can recycling is standard procedure in Finland and, for example, nearly every grocery store has a return point for bottles and cans. The recycling point at Tampere Stadium is especially designed for spectators who bring their own drinking bottles to the event. Returning a deposit bottle or can to the recycling points means that they don't end up in mixed waste but are reused in the appropriate manner.

Recycled materials in construction

It takes a lot of resources to build a major sports event: people to build the competition structures, materials to build the structures, and money to finance the construction costs. Most of the materials used to build the European Athletics U20 Championships are recycled. Some of the new materials that had to be purchased are designed in a way that enables further use at a later time. Environmental impacts were also considered in supply logistics: nearly all the structures, such as tents, fences etc., were built in advance for the Motonet Grand Prix competition held two weeks before the European Athletics U20 Championships. This minimised construction work and the use of related machinery and logistics. Using recycled materials also has a positive financial impact.

Safe Spaces Guidelines & Athletes' Zone

The City of Tampere is committed to the Safer Space Principles. The Safer Space Principles are guidelines on how to be considerate and respectful of everyone in spaces and events. The Safer Space Principles, as jointly defined, are particularly relevant for minority groups who have experienced discrimination and who fear that they will be treated inappropriately again. In a safer space, everyone can feel welcome and be themselves, with all their personal qualities, in a more confident way.

Find out more about the Sustainability & Legacy Plan

european-athletics.com/home//programmes/sustainability-programme

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Since 1977, CONICA provides guidance and assistance to associations and public entities in purchasing and installation of optimal athletic tracks. CONICA tracks range from world class competitions to top-notch training facilities, spanning across diverse climatic zones.

In collaboration with European Athletics, we always strive for greatness, setting trends, and continuously enhancing for all the needs and benefit of the athletes, their specific events and for the athletic associations.

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