

European Athletics U23 Championships 13-16 July 2023

Leppävaara, ESPOO, FINLAND



Official
Programme

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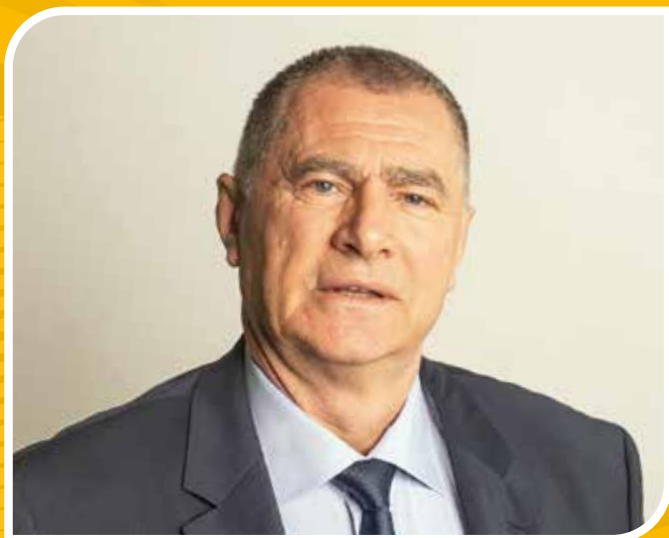


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*Welcome message from Dobromir Karamarinov
European Athletics President*



Espoo 2023 European Athletics U23 Championships

I am very pleased to welcome everyone to Espoo and the European Athletics U23 Championships.

Finland has a very important place in the history of European Athletics – for its achievements both on and off the track – and I am sure the latest chapter which will unfold here will be just one of many to come in the story of collaboration between the continental governing body of our sport and this country where athletics has such a rich heritage.

Finland has hosted three European Athletics Championships and two World Athletics Championships as well as many other important athletics competitions, including the European Athletics U23 Championships twice before in 1997 and 2013.

In addition, it was one of just 17 founder members of World Athletics back in 1912 and is one of only six European Athletics Member Federations to have provided a President of our organisation in the 53 years since its foundation.

It is indeed a quite considerable body of achievement that Finland has contributed to our sport for well over a century.

Consequently, I feel confident that these championships will be a magnificent occasion which will be remembered fondly for many years to come and that they will be superbly organised, with all the competitors given rousing support from Finnish athletics aficionados who are renowned for their enthusiasm and knowledge.

This could be a very successful championships for Finland, who have won eight gold medals and climbed the podium 44 times in the 13 editions since the European Athletics U23 Championships were inaugurated in 1997 when the host was another Finnish city, Turku.

This country can boast of many upcoming U23 talents not least Silja Kosonen and Saga Vanninen who won gold medals at the 2021 European Athletics U20 Championships and World Athletics U20 Championships in the hammer and heptathlon respectively, with Vanninen defending her global U20 crown last summer.

In addition, the 2021 European U20 3000m champion Ilona Mononen could challenge for medals in the long-distance events in front of her friends and family here in Espoo, keeping alive the famous tradition of the Flying Finns, while Topias Laine is still young enough to defend his U23 title from two years ago in that most beloved discipline by Finnish fans, the javelin.

To conclude, I would also like to offer a big thank you on behalf of European Athletics to the Finnish Athletics Federation – Suomen Urheiluliitto ry – the Espoo 2023 Local Organising Committee, and public authorities especially the City of Espoo as well as all the other host institutions, partners, officials and volunteers.

I would like to wish everyone an enjoyable and memorable four days of competition.

*Welcome Message from Kimmo Oila
Chair of the Local Organising Committee
Espoo 2023 European Athletics U23 Championships*



Welcome to European Athletics U23 Championships!

The European Athletics U23 Championships will be held in Finland for the third time. The first championships for this age group were held in Turku in 1997, and this year's championships will be held at the refurbished Leppävaara Stadium, organised by the local athletics clubs Espoon Tapiot and Esbo IF as well as the City of Espoo.

Finland has a long and strong tradition of hosting major championships in athletics. The goal of the Local Organising Committee of the Espoo 2023 European Athletics U23 Championships is to continue this tradition by making sure everything at the championships works, the atmosphere is good, and the athletes can focus on their performances and enjoy participating.

Big thanks go to the City of Espoo for the considerable contributions they have made it so that it has been possible to host these championships.

The construction of the Kameleonten hall that serves as competition centre and warm-up arena, as well as the new surface of Leppävaara Stadium are a gesture of goodwill towards athletics in Espoo and Finland.

I also wish to thank European Athletics for its confidence, help and support in organising the championships.

Lastly, I wish to thank all our partners and volunteers who, in various roles, have helped us host and organise these championships.

To you, the athletes, I wish you success!

*Welcome Message from the
Mayor of Espoo Jukka Mäkelä*



**Let's create
experiences together!**

It is my pleasure to welcome the European Athletics U23 Championships to our city

Espoo is especially known for its knowledge-intensive businesses, the innovation cluster formed by Aalto University, research institutes and companies, and extensive cooperation. Teamwork and collaboration are also required in competitive sports and at the highest level. It is the same spirit that produces results outside of arenas and stadiums.

At major sports events, we share experiences and feelings of enthusiasm. The atmosphere can also give a boost to a sport at all levels. For us as a

city, what is even more important than excellent performances is the example set by athletes for children and young people.

We want to offer a unique athletics event for both athletes and spectators. I want to thank all our partners, particularly the European Athletic Association, the Finnish Athletics Federation and the two Espoo-based sports clubs hosting the event, Esbo IF and Espoon Tapiot.

I wish the best of luck to all the athletes and joyful experiences to everyone on and off the field. Have a wonderful sports event!



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Host City ESPOO

– a city of innovations and
adventurous experiences





Welcome to Espoo

Espoo is the second largest city of Finland and Northern Europe's largest high-tech and innovation hub where science, business and culture meet the wilderness of Nuuskio National Park and stunning seaside environment. Helsinki Airport is just a half an hour drive from Espoo. The capital region has an extensive and affordable public transportation network and the metro will take you to Helsinki in 10 minutes.

In Espoo you are in the midst of great outdoors, but never far from the bustle of the capital. There are 58 km of coastline, 95 lakes, 165 islands, 600km of cycling tracks, 200km of cross-country skiing tracks and the scenic Waterfront Walkway. Fascinating sights, sounds and events invite you to come and enjoy yourself in Espoo!

The Otaniemi-Keilaniemi area is a hub for business, innovation, research and science, where the worlds of startups, investors and international business come together at and around the lively Aalto University campus.

Enjoy sustainable events and culture around the year in concerts and exhibitions. WeeGee Exhibition Centre in Tapiola consists

of four museums: EMMA – Espoo Museum of Modern Art and KAMU – Espoo City Museum. The Museum of Play and Finnish Museum of Horology and Jewellery are located just in the neighbourhood.

The scheduled boats take you to Espoo archipelago on summertime. We recommend for instance a visit to the lovely Pentala Island and Pentala Archipelago Museum. If you need some activities nearby, try the Water Sports Centre Laguuni in Keilaniemi or Treetop Adventure Huippu at Leppävaara Sports Park. Leppävaara Lido is located at the area of Sports Park.

Espoo has also a lot to offer to food and shopping enthusiasts. Multiple shopping centres and great restaurants serve you around the city. Sello Shopping Centre in Leppävaara, AINO in Tapiola and Iso Omena in Matinkylä offer various choices. And when it is time for dinner, you can choose the fine Scandinavian flavours in Restaurant Plats, food with spectacular rooftop views in Lucy in the Sky or high-quality tastes in a cozy villa environment in Restaurant Villa Lilla – for just few to mention.

Welcome to Finland



Facts about Finland

Form of Government	Republic, parliamentary democracy
President	Sauli Niinistö
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 Networks	Telia, Elisa, DNA
Currency	EUR (€)
Drinking water	Tap water in Finland is safe for drinking
Neighbouring countries	Sweden, Norway, Russia, Estonia
Independence Day	December 6th (Declared on December 6, 1917)
EU member since	Member of European Union since 1995.
NATO member since	April 2023



Finnish flag



USEFUL EXPRESSIONS

ENGLISH	FINNISH	SWEDISH
Good morning	Hyvää huomenta	God morgon
Good day	Hyvää päivää	God dag
Good evening	Hyvää iltaa	God kväll
Hello!	Moi	Hej
Goodbye!	Näkemiin	Adjö
Thank you very much	Paljon kiitoksia	Tack så mycket



Competition Director
Harri Lammi

See you all at Leppävaara Stadium in Espoo

Harri Lammi, Competition Director at the U23 European Athletics Championships, welcomes athletes, coaches, other team members and fans to the refurbished stadium in Leppävaara, Espoo.

“It is a joy to welcome athletes and fans when we have good facilities and all the arrangements are on schedule. I hope we will be able to enjoy the light July nights and days in good weather”, Lammi says.

The stadium that hosts the games is located in Leppävaara sports park, that also has a swimming hall, an outdoor swimming pool, tennis courts, running trails, a skatepark and an Angry Birds Activity Park.

“The stadium in Leppävaara has gone through a general overhaul where its track and other competition areas got a new Mondo surface. The lights were renewed too”, says Lammi.

An even bigger project than the renovation of the stadium was the construction of the Kameleonten

Sports hall right next to it. The hall has a 200 m running track, areas for all field events, and diverse training areas for other sports such as artistic gymnastics and basketball.

“During the European Championships, the hall serves as a competition centre. It houses among other things the games’ office, a warm-up area for athletes, a team area and a rest area for officials”, says Lammi.

The athletes’ training track is in Otaniemi, Espoo, a 10- to 15-minute drive from Leppävaara.

1,100 athletes to compete in Espoo

When the European Athletics U23 Championships were first held in Turku in 1997, there were over 650 athletes present, representing 27 countries. In Espoo, there will be athletes from around 50 countries.

“There will be around 1,100 athletes competing, representing almost every country in Europe. When we include the other team



members, the total number of attendees should be around 1,600", says Lammi.

For the organisers, the large number of athletes means a great challenge. Anu Flink, who is in charge of the games' voluntary activity, has, in co-operation with her team, managed to recruit the volunteers needed to run the games.

"We need around 500 volunteers for the games. Assembling and training that many people has been a challenge, but we've done well", Lammi says.

Accommodation in high-quality hotels in Espoo and Helsinki

The logistics are in order: the teams and media will be accommodated in five different Sokos Hotels or Radisson Blu hotels in Espoo and Helsinki.

"We are very happy with our co-operation agreement with Sokotel Oy that enables high-quality accommodation for all team members",

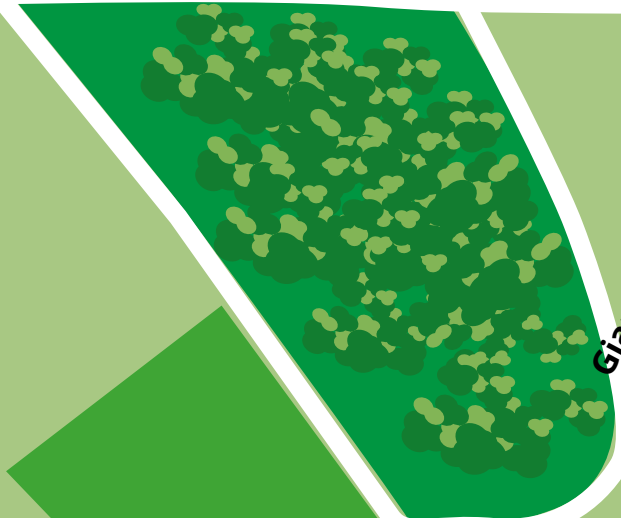
says Harri Lammi, the games' Competition Director.

"All members of national teams get full board at the hotels, and the teams have uniform menus. The teams also have access to the hotels' meeting rooms. Moreover, the games' organisers have information desks at the hotels", Lammi says.

There are transports from the hotels to the venue and to the training track in Otaniemi.

"The hotels where the teams are accommodated have good connections to the main venue in Leppävaara and the training track in Otaniemi."

Athletics clubs Espoon Tapiot and Esbo IF as well as the City of Espoo are in charge of the arrangements. The Finnish Athletics Federation has a supporting role.



Giant Screen

Tribune

WC

Pole Vault

Pole Vault Q

Javelin

FIELD OF PLAY

Shot put

Discus/Hammer

Javelin High jump

Long Jump/ Triple Jump

Call Room

Main Tribune

WC

VIP tribune

Media tribune

KAMELEONTEN Indoor Sport Arena

Warm-up Area

EA/VIP Club Entry TIC

TICKET SALES

TV COMPOU

Door to the Volunteers Rest Area

Door to MAC

Teams entrance to Indoor Arena

Entrance to MAC and Volunteers area

EUROPEAN
ATHLETICS

U23

CHAMPIONSHIPS

Espoo 2023

Leppävaara
Stadium
13-16 July



Tribunes

WC

First
Aid

Giant
Screen

VIP/Carpool
Drop off
- Pick Up

LOC/Staff
Parking

MARKET
SQUARE

ENTRANCE
for spectators and
accredited persons

P Visitor/Spectator
parking

VENUE
Leppävaara
Stadium
ESPOO

Timetable 13–16 July

DAY 0 WEDNESDAY, 12 JULY EVENING SESSION

18:00	20km Race Walk	W	Final
18:30	20km Race Walk	M	Final
20:40	20km Race Walk	W	MC
20:46	20km Race Walk	M	MC

DAY 2 FRIDAY, 14 JULY EVENING SESSION

17:00	Javelin Throw Hep	W	A
17:55	Triple Jump	W	Final
18:00	110m H	M	SF
18:20	Pole Vault	M	Q A+B
18:20	Javelin Throw Hep	W	B
18:25	100m H	W	SF
19:05	400m	W	Final
19:20	400m	M	Final
19:35	800m	W	Final
19:45	Hammer Throw	W	Final
19:50	Long Jump	M	Final
19:55	800m Hep	W	Final
20:35	100m	W	Final
20:50	100m	M	Final
21:00	400m	W	MC
21:06	400m	M	MC
21:12	Triple Jump	W	MC
21:18	800m	W	MC
21:24	Heptathlon	W	MC

DAY 1 THURSDAY, 13 JULY MORNING SESSION

9:40	Hammer Throw	W	Q A
9:45	100m H Hep	W	
10:00	Pole Vault	W	Q A+B
10:25	100m	W	R1
10:30	High Jump Hep	W	A+B
10:50	Hammer Throw	W	Q B
10:55	100m	M	R1
11:50	800m	W	R1
12:05	Discus Throw	M	Q A
12:15	Shot Put	W	Q A+B
12:20	1500m	M	R1
12:35	High Jump	M	Q A+B
13:00	400m	W	R1
13:15	Discus Throw	M	Q B
13:30	400m	M	R1

DAY 3 SATURDAY, 15 JULY MORNING SESSION

10:00	100m Dec	M	
10:10	Shot Put	M	Q A+B
10:30	3000m SC	M	R1
10:50	Long Jump Dec	M	A+B
11:10	Discus Throw	M	Final
11:15	1500m	W	R1
11:45	400m H	W	SF
12:10	400m H	M	SF
12:20	Shot Put Dec	M	A+B
12:35	4 x 100m Relay	M	R1
12:45	Hammer Throw	M	Final
12:50	4 x 100m Relay	W	R1
13:05	Long Jump	W	Q A+B
13:15	4 x 400m Relay	M	R1
13:35	4 x 400m Relay	W	R1
14:00	100m	W	MC
14:06	100m	M	MC
14:12	Hammer Throw	M	MC
14:18	Long Jump	M	MC
14:24	Discus Throw	M	MC
14:30	Hammer Throw	W	MC

DAY 1 THURSDAY, 13 JULY EVENING SESSION

16:05	Opening Ceremony		
16:35	Hammer Throw		
16:45	Shot Put Hep		
17:05	100m		
17:20	Long Jump		
17:30	100m		
17:45	Hammer Throw		
17:55	400m		
18:05	Shot Put		
18:30	400m		
19:00	200m Hep		
19:05	Javelin Throw		
19:30	3000m SC		
19:40	Triple Jump		
20:15	Javelin Throw		
20:35	5000m		
21:00	Shot Put		

DAY 3 SATURDAY, 15 JULY EVENING SESSION

16:15	High Jump Dec		
16:35	Pole Vault		
16:40	4 x 100m Relay		
16:45	Javelin Throw		
16:50	4 x 100m Relay		
17:05	3000m SC		
17:25	1500m		
17:40	10,000m		
18:20	Shot Put		
18:30	200m		
18:45	High Jump		
18:55	200m		
19:05	Triple Jump		
19:25	400m Dec		
19:55	110m H		
20:10	100m H		
20:15	Javelin Throw		
20:21	Pole Vault		
20:27	3000m SC		
20:33	Shot Put		
20:39	4 x 100m Relay		
20:45	4 x 100m Relay		

Subject to change as per final entries.

13 JULY SESSION

ny OC	
M	Q A
W	A+B
W	SF
M	Q A+B
M	SF
M	Q B
W	SF
W	Final
M	SF
W	
M	Q A
W	R1
W	Q A+B
M	Q B
W	Final
W	MC

DAY 2 FRIDAY, 14 JULY MORNING SESSION

9:40	Discus Throw	W	Q A
10:00	400m H	M	R1
10:15	Long Jump Hep	W	A+B
10:40	400m H	W	R1
10:45	High Jump	W	Q A+B
10:50	Discus Throw	W	Q B
11:30	5000m	M	Final
12:05	110m H	M	R1
12:10	Javelin Throw	W	Q A
12:15	Triple Jump	M	Q A+B
12:50	100m H	W	R1
13:20	Javelin Throw	W	Q B
13:30	800m	M	R1
14:00	5000m	W	MC
14:06	5000m	M	MC



15 JULY SESSION

M	A+B
W	Final
W	Final
M	Final
M	Final
W	Final
M	Final
W	Final
M	Final
W	R1
M	Final
M	R1
M	Final
M	
M	Final
W	Final
M	MC
W	MC
W	MC
M	MC
W	MC
M	MC

DAY 4 SUNDAY, 16 JULY MORNING SESSION

10:00	110m H Dec	M	
10:40	Discus Throw Dec	M	A
10:50	10,000m	M	Final
11:30	200m	W	SF
11:45	Discus Throw Dec	M	B
11:45	200m	M	SF
12:15	400m H	M	Final
12:30	Pole Vault Dec	M	A
12:35	400m H	W	Final
12:50	Discus Throw	W	Final
13:35	Pole Vault Dec	M	B
14:00	1500m	M	MC
14:06	10,000m	W	MC
14:12	Triple Jump	M	MC
14:18	100m H	W	MC
14:24	110m H	M	MC
14:30	High Jump	M	MC

DAY 4 SUNDAY, 16 JULY EVENING SESSION

16:25	Discus Throw	W	MC
16:30	Javelin Throw Dec	M	A
16:31	10,000m	M	MC
16:37	400m H	M	MC
16:43	400m H	W	MC
16:50	High Jump	W	Final
17:15	3000m SC	M	Final
17:25	Pole Vault	M	Final
17:35	Javelin Throw Dec	M	B
17:40	200m	W	Final
17:55	200m	M	Final
18:00	3000m SC	M	MC
18:10	800m	M	Final
18:15	200m	W	MC
18:25	1500m	W	Final
18:30	200m	M	MC
18:35	Long Jump	W	Final
18:40	Javelin Throw	W	Final
18:45	4 x 400m Relay	M	Final
18:50	800m	M	MC
19:05	4 x 400m Relay	W	Final
19:10	1500m	W	MC
19:16	High Jump	W	MC
19:30	1500m Dec	M	Final
19:56	Pole Vault	M	MC
20:02	Long Jump	W	MC
20:08	Javelin Throw	W	MC
20:14	Decathlon	M	MC
20:20	4 x 400m Relay	M	MC
20:26	4 x 400m Relay	W	MC



Road to Espoo



The Road to Espoo project has helped the Finnish team prepare

Major championships on home soil are a privilege that few athletes get to enjoy during their careers. The Finnish team for the European Athletics U23 Championships in Espoo in July is shaping up to be a large one, with several potential medal candidates.

“We have several exceptionally talented athletes in this age group”, says Eeva Kantomäki, manager of the Finnish team.

Those talents include defending U23 champion, javelin thrower Topias Laine and heptathlete Saga Vanninen who is U20 European champion and two-time U20 world champion.

Another athlete to keep our eyes on is Silja Kosonen, reigning U20 world champion and record holder in hammer throw, placed 7th in the 2022 World Championships in Eugene (USA) and 5th in the 2022 European Championships in Munich. Don't forget to look out for the versatile sprinter Katriina Wright, whose main event is the 400m; long and triple jumper Jessica Kähärä and middle distance runners Nathalie Blomqvist and Santtu Heikkinen.

Other athletes hoping to make a name for themselves include two-time U20 World Championship pole vault medallist Juho Alasaari, steeplechase runner Eemil Helander, and Ilona Mononen, who won a bronze medal at the U20 European Cross Country Championships. At the last two World Athletics U20 Championships, Mononen placed 5th in the 3000 m.

The Finnish women competing in the javelin throw, Julia Valtanen and Anni-Linnea Alanen, who placed third at the European Athletics U20 Championships in 2021, are also among the best in their age group.

“We now also have good relay teams for the first time in a while. The Finnish men's sprint relay team could even win a medal, and the women's team is also looking to place well in the final”, Kantomäki says.

“Last summer the women's 4 × 100 team did well in the World Championships in Cali, Colombia, placing fourth.” Now the same names, Ronja Koskela, Katriina Wright, Aada Aho and Veera Mattila, are going for glory on the U23 level and are joined by 400 m hurdler Heidi Salminen.

The Finnish team has been helped in its preparations by the Road to Espoo project that has included get-togethers. The project has contributed to the sharing of knowledge while building team spirit.

“Competing at home is a unique opportunity. As a team, we want to be as well-prepared as we can. Mental preparations are part of the process. The goal is for both our athletes and the home crowd to make the most of these Championships”, Kantomäki says.

European U23 Records

Men

100m	9.92	2.0	Christophe Lemaitre	FRA	Albi	29.7.2011
200m	19.80	0.8	Christophe Lemaitre	FRA	Daegu	3.9.2011
400m	44.33		Thomas Schönlebe	GER	Roma	3.9.1987
800m	1:42.47		Yuriy Borzakovskiy	RUS	Bruxelles	24.8.2001
1500m	3:28.32		Jakob Ingebrigtsen	NOR	Tokyo	7.8.2021
5000m	12:48.45		Jakob Ingebrigtsen	NOR	Firenze	10.6.2021
10000m	27:24.09		Ali Kaya	TUR	Mersin	2.5.2015
3000m Steeplechase	8:10.83		Günther Weidlinger	AUT	Sevilla	21.8.1999
110m Hurdles	12.97	1.0	Ladji Doucouré	FRA	Angers	15.7.2005
400m Hurdles	47.64		Karsten Warholm	NOR	Berlin	9.8.2018
High Jump	2.42		Patrik Sjöberg	SWE	Stockholm/S	30.6.1987
Pole Vault	6.18		Armand Duplantis	SWE	Glasgow	15.2.2020
Long Jump	8.86	1.9	Robert Emmijan	ARM	Tsakhkadzor	22.5.1987
Triple Jump	17.98	1.2	Teddy Tamgho	FRA	New York NY	12.6.2010
Shot Put	22.25		Konrad Bukowiecki	POL	Chorzów	14.9.2019
Discus Throw	71.00		Mykolas Alekna	LTU	Berkley	29.4.2023
Hammer Throw	81.70		Olli-Pekka Karjalainen	FIN	Lahti	16.6.2002
Javelin Throw	89.58		Steve Backley	GBR	Stockholm/S	2.7.1990
Decathlon	8691		Niklas Kaul	GER	Doha	4.10.2019
20km Race Walk	1:17:16		Vladimir Kanaykin	RUS	Saransk	29.9.2007
4 x 100m	38.70			GER	Tallinn	11.7.2021
4 x 400m	3:02.13			RUS	Debrecen	15.7.2007

Women

100m	10.88	2	Marlies Göhr	GER	Dresden	1.7.1977
200m	21.71	0.7	Marita Koch	GER	Karl-Marx-Stadt	10.6.1979
	21.71	1.2	Heike Drechsler	GER	Jena	29.6.1986
400m	48.6		Marita Koch	GER	Torino	4.8.1979
800m	1:55.88		Keely Hodgkinson	GBR	Tokyo	3.8.2021
1500m	3:56.05		Sifan Hassan	NED	Monaco	17.7.2015
5000m	14:24.68		Elvan Abeylegesse	TUR	Bergen	11.6.2004
10,000m	30:26.41		Yasemin Can	TUR	Rio de Janeiro	12.8.2016
3000m Steeplechase	9:13.46		Anna Emilie Møller	DEN	Doha	30.9.2019
100m Hurdles	12.51	0.8	Pia Skrzyszowska	POL	Chorzów	6.8.2022
400m Hurdles	52.03		Femke Bol	NED	Tokyo	4.8.2021
High Jump	2.09		Stefka Kostadinova	BUL	Roma	30.8.1987
Pole Vault	4.92		Yelena Isinbayeva	RUS	Bruxelles	3.9.2004
Long Jump	7.45	0.9	Heike Drechsler	GER	Tallinn	21.6.1986
Triple Jump	14.79		Anna Pyatykh	RUS	Firenze	21.6.2003
Shot Put	22.53		Natalya Lisovskaya	RUS	Sochi	27.5.1984
Discus Throw	73.36		Irina Meszynski	GER	Praha	17.8.1984
Hammer Throw	77.06		Tatyana Beloborodova	RUS	Moskva	15.7.2005
Javelin Throw	68.43		Sara Kolak	CRO	Lausanne	6.7.2017
Heptathlon	7001		Carolina Klüft	SWE	Saint-Denis	24.8.2003
20km Race Walk	01:26:50		Natalya Fedoskina	RUS	Dudince	19.5.2001
4 x 100m	42.09			GER	Torino	4.8.1979
4 x 400m	3:26.58			RUS	Debrecen	15.7.2007

European Athletics U23 Championships Records

Men

100m	10.10	0.2	Simeon Williamson	GBR	Debrecen	13.7.2007
200m	20.33	1.6	Ján Volko	SVK	Bydgoszcz	15.7.2017
400m	45.02		Ricky Petrucciani	SUI	Tallinn	10.7.2021
800m	1:45.21		Nils Schumann	GER	Göteborg	1.8.1999
1500m	3:38.94		Wolfram Müller	GER	Amsterdam	14.7.2001
5000m	13:20.16		Ali Kaya	TUR	Tallinn	11.7.2015
10,000m	27:53.38		Ali Kaya	TUR	Tallinn	9.7.2015
3000m Steeplechase	8:25.86		Martin Pröll	AUT	Bydgoszcz	19.7.2003
110m Hurdles	13.23	1.9	Ladji Doucouré	FRA	Bydgoszcz	20.7.2003
400m Hurdles	48.37		Karsten Warholm	NOR	Bydgoszcz	16.7.2017
High Jump	2.36		Aleksander Waleriańczyk	POL	Bydgoszcz	20.7.2003
Pole Vault	5.93		Romain Mesnil	FRA	Göteborg	1.8.1999
Long Jump	8.37	1.1	Eusebio Cáceres	ESP	Tampere	12.7.2013
Triple Jump	17.72	1.3	Sheryf El Sheryf	UKR	Ostrava	17.7.2011
Shot Put	21.59		Konrad Bukowiecki	POL	Bydgoszcz	14.7.2017
Discus Throw	67.48		Kristjan Čeh	SLO	Tallinn	10.7.2021
Hammer Throw	80.88		Nicolas Figère	FRA	Amsterdam	15.7.2001
Javelin Throw	84.97		Cyprian Mrzygłód	POL	Gävle	13.7.2019
Decathlon	8572		Niklas Kaul	GER	Gävle	14.7.2019
20km Race Walk	1:19:58		Aigars Fadejevs	LAT	Turku	10.7.1997
4 x 100m	38.70			GER	Tallinn	11.7.2021
4 x 400m	3:02.13			RUS	Debrecen	15.7.2007

Women

100m	11.03	1.5	María Karastamáti	GRE	Erfurt	16.7.2005
200m	22.57	1.7	Hana Benešová	CZE	Turku	13.7.1997
400m	50.72		Olga Zaytseva	RUS	Erfurt	16.7.2005
800m	1:58.94		Yelena Kofanova	RUS	Kaunas	18.7.2009
1500m	4:04.77		Amela Terzić	SRB	Tallinn	12.7.2015
5000m	15:01.67		Yasemin Can	TUR	Bydgoszcz	16.7.2017
10,000m	31:39.34		Alina Reh	GER	Gävle	12.7.2019
3000m Steeplechase	9:27.31		Anna Emilie Møller	DEN	Gävle	13.7.2019
100m Hurdles	12.70	1.8	Elvira Herman	BLR	Gävle	12.7.2019
400m Hurdles	54.28		Emma Zapletalová	SVK	Tallinn	10.7.2021
High Jump	2.00		Yaroslava Mahuchikh	UKR	Tallinn	10.7.2021
Pole Vault	4.70		Angelina Zhuk-Krasnova	RUS	Tampere	13.7.2013
Long Jump	7.05	1.1	Darya Klishina	RUS	Ostrava	17.7.2011
Triple Jump	14.70	1.3	Cristina Nicolau	ROU	Göteborg	1.8.1999
Shot Put	19.73		Nadzeya Ostapchuk	BLR	Amsterdam	12.7.2001
Discus Throw	64.40		Kateryna Karsak	UKR	Debrecen	13.7.2007
Hammer Throw	72.98		Alexandra Tavernier	FRA	Tallinn	10.7.2015
Javelin Throw	65.60		Christin Hussong	GER	Tallinn	11.7.2015
Heptathlon	6396		Aiga Grabuste	LAT	Kaunas	19.7.2009
20km Race Walk	1:27:25		Anežka Drahotová	CZE	Tallinn	10.7.2015
4 x 100m	43.05			GER	Tallinn	11.7.2021
4 x 400m	3:26.58			RUS	Debrecen	15.7.2007

Leppävaara Stadium Records

Men

100m	10.43	1.7	Markus Pöyhönen	FIN	4.6.2002
200m	20.68	0.8	Andrew Morgan-Harrison	GBR	8.6.2022
400m	47.04		Nicolai Trock Hartling	DEN	20.8.2016
800m	1:45.99		Joshua Lay	GBR	10.6.2021
1500m	3:39.65		Jukka Keskisalo	FIN	1.8.2009
5000m	13:50.87		Lewis Korir	KEN	2.8.2009
10,000m	28:46.68		Lewis Korir	KEN	31.7.2009
3000m Steeplechase	8:31.48		Mustafa Mohamed	SWE	30.6.2010
110m Hurdles	13.49	0.9	Vladimir Vukicevic	NOR	10.6.2021
400m Hurdles	49.61		Chris McAlister	GBR	10.6.2021
High Jump	2.28		Toni Huikuri	FIN	5.7.2000
Pole Vault	5.62		Mikko Paavola	FIN	10.6.2021
Long Jump	8.27	1.8	Kristian Pulli	FIN	11.6.2020
Triple Jump	16.58	1.6	Tosi Fasinro	GBR	15.6.1991
Shot Put	20.76		Ville Tiisanoja	FIN	12.8.2000
Discus Throw	65.58		Vaclovas Kidykas	LTU	10.5.1992
Hammer Throw	80.56		Wojciech Nowicki	POL	10.6.2021
Javelin Throw	85.84		Teemu Wirkkala	FIN	2.8.2009
Decathlon	7648		Tero Ojala	FIN	2.8.2009

Women

100m	11.31	1.7	Zhanna Tarnopolskaya	UKR	15.6.1991
200m	23.39	1.9	Lina Grinčikaitė Samuolė	LTU	10.8.2015
400m	52.30		Gunta Vaičule	LAT	8.6.2022
800m	2:02.55		Eglė Balčiūnaitė	LTU	23.5.2008
1500m	4:12.69		Şilan Ayyıldız	TUR	8.6.2022
5000m	15:33.16		Caroline Gitonga	KEN	8.6.2022
10,000m	33:30.81		Dorte Vibjerg	DEN	18.5.2002
3000m Steeplechase	9:41.62		Michelle Finn	IRL	5.8.2020
100m Hurdles	12.81	1.7	Annimari Korte	FIN	27.6.2020
400m Hurdles	55.41		Josanne Lucas	TTO	30.6.2010
High Jump	1.95		Levern Spencer	LCA	30.6.2010
Pole Vault	4.50		Wilma Murto	FIN	8.6.2022
	4.50		Elina Lampela	FIN	8.6.2022
Long Jump	6.52	0.3	Kaiza Karlén	SWE	10.6.2021
Triple Jump	14.23	1.4	Dovilė Kilty	LTU	18.8.2019
Shot Put	17.69		Julia Ritter	GER	10.6.2021
Discus Throw	59.96		Anja Gündler	GER	15.6.1991
Hammer Throw	72.73		Krista Tervo	FIN	8.6.2022
Javelin Throw	57.87		Mikaela Ingberg	FIN	1.8.2009
Heptathlon	5608		Niina Kelo	FIN	1.8.2009

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	Czech Republic	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



The javelin has been Finland's forte at U23 European Championships

Finland has won 43 medals at European Athletics U23 Championships. Eight of those medals are gold. The latest Finn to be crowned European champion is Topias Laine, who won gold in the javelin in Tallinn in 2021 and aims to defend his title in Espoo.

"I'm sure we'll see some long throws from the best throwers", Laine says.

The other Finns who have won gold in the javelin at European Athletics U23 Championships are Pietari Skyttä, who won in Turku in 1997, Harri Haatainen, who won in Gothenburg in 1999, and Ari Mannio, who won in Kaunas in 2009.

The Finns who have won gold in other events are Johanna Manninen, who won the women's 200 m in Amsterdam in 2001, Visa Hongisto, who won the men's 200 m in Debrecen in 2007, and Conny Karlsson, who won the shot put in 1997.

This year's games in Espoo mark the third time that Finland has hosted the European Athletics U23 Championships. Turku was the host of the inaugural European Athletics U23 Championships in 1997. The last time the games were held in Finland was when Tampere hosted them in 2013.

In Turku, the Finnish team won nine medals, which remains the best ever result for the team. The only Finnish medallist in Tampere was Nooralotta Neziri, who won bronze in women's 100 m hurdles.



The U23 age group
competing in
Espoo is full of
BIG NAMES



The European Athletics U23 Championships are a showcase for rising European stars, but there are also several athletes competing who have won medals at the senior level and who are already international stars.

The athletes competing at Leppävaara stadium in Espoo were born between 2001 and 2003. This age group includes such top names as Keely Hodgkinson, the reigning European champion in the women's 800 m, who has also won silver medals in the event both in the Olympics and the World Championships; Pia Skrzyszowska of Poland, the reigning European champion in the women's 100 m hurdles; and Yaroslava Mahuchikh of Ukraine, European champion in the women's high jump.



Mahuchikh's resume also includes an Olympic bronze medal, a World Indoor Championships gold medal and two European Indoor Championships.

The top sprinters in this age group are British men's 100 metres champion Jeremiah Azu, who is also the reigning U23 European champion and bronze medallist from the senior level European Championships in Munich, as well as the versatile Irish sprinter Rhasidat Adeleke. Adeleke won a double in the 100 m and 200 m at the European Athletics U20 Championships in 2021 and also placed fifth in the 400 meters in Munich.

Another speedy athlete to keep an eye on is N'ketia Seedo, who was the top European in the women's 100 m at the World Athletics U20 Championships in Cali, Colombia, placing fourth.

Poland's Jakub Szymański is one of the top names in the men's 110 m hurdles, having placed second in the 60 m hurdles at the European Indoors in Istanbul.

Top names in the jumping events: Mahuchikh, Konaté, Pommery, Lillefosse

The top names in the age group competing in the jumping events in Espoo include Italian long jumper Larissa Lapichino, who placed second in the European Indoor Championships this winter with a mark of 697, and French long jumpers Erwan Konaté and Jules Pommery. Konaté is a two-time U20 world champion while Pommery took home the bronze in the European Championships in Munich.

Norwegian Pål Haugen Lillefosse has quickly risen to the top in the pole vault, and Spain's Jordan Alejandro Díaz has done the same in



the triple jump. Lillefosse won bronze at the European Championships in Munich. Díaz already set a top mark of 17.59 m during the indoor season and placed eighth at Worlds last summer.

Throwing events: Alekna, Kokhan, Kosonen, Laine

The top names in the age groups competing in the throwing events in Espoo include Lithuanian discus thrower Mykolas Alekna, who is following in the footsteps of his famous father, and Ukrainian hammer thrower Mykhaylo Kokhan. Alekna placed second in last year's World Championships in Eugene and became European champion in Munich. Kokhan placed fourth in the Tokyo Olympics in 2021, fourth in Eugene last summer and fifth in the previous World Championships in Doha in 2019.

The top name and home fans' favourite in the women's hammer is Finland's own Silja Kosonen, who in 2021 claimed the titles of U20 European and world champion and placed seventh in both Eugene and Munich.

In the men's javelin, the reigning champion is Finn Topias Laine, who is sure to face tough competition from at least Ukrainian Artur Felfner, who won the U20 World Championship last year.

The top names in the men's and women's 20 km race walk that opens the Championships on the 12th of July include at least Italy's Andrea Cosi and Spain's Paul McGrath, and on the women's side Czechia's Eliška Martínková and France's Camille Moutard.

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AND THE ATHLETES OF THE YEAR**



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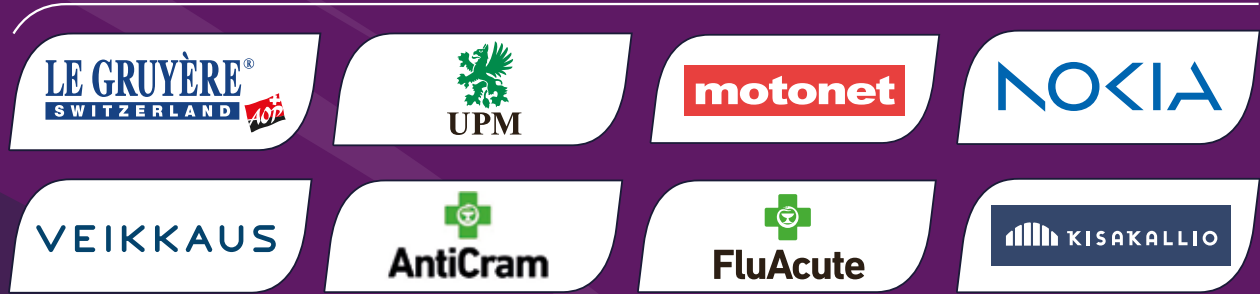
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