

Men U20 Outdoors

The Nordic records are the best national record of any of the 5 Nordic countries:
[Denmark](#), [Finland](#), [Iceland](#), [Norway](#) or [Sweden](#).

Men U20 Outdoors

(Events included in the Nordic Matches and Championships only)

100 m	10.31	+1,9	Henrik Larsson	SWE	Helsingborg, SWE	25.08.2017
200 m	20.75	+2,0	Johan Engberg	SWE	Malmö, SWE	07.08.2000
400 m	46.01		Benjamin Lobo Vedel	DEN	Mannheim, GER	27.06.2015
800 m	1:45.65		Andreas Almgren	SWE	Eugene, USA	27.07.2014
1500 m	3:38.07		Ari Paunonen	FIN	Tampere, FIN	31.07.1977
5000 m	13:35.84		Jacob Ingebrigtsen	NOR	Sandnes, NOR	25.08.2017
110 m hurdles 99cm	13.39		Philip Nossmy	SWE	Stockholm, SWE	16.09.2000
400 m hurdles	50.37		Jussi Heikkilä	FIN	Lahti, FIN	16.06.2002
3000 m steeplechase	8:34.84		Anders Carlson	SWE	Stockholm, SWE	05.08.1978
High jump	2.33		Patrick Sjöberg	SWE	Oslo, NOR	09.07.1983
	2.33		Patrick Sjöberg	SWE	Eberstadt, FRG	10.06.1984
	2.33		Patrick Sjöberg	SWE	Los Angeles, USA	11.08.1984
Pole vault	5.90		Armand Duplantis	SWE	Austin, USA	01.04.2017
Long jump	7.95	+0,5	Matias Ghansah	SWE	Belfast, GBR	21.06.1991
Triple jump	16.30		Christian Olsson	SWE	Leppävaara, FIN	29.08.1999
Shot put 6kg	21.36		Marcus Thomsen	NOR	Grosseto, ITA	21.07.2017
Discus throw 1,75kg	65.66		Sven Martin Skagestad	NOR	Oslo, NOR	12.06.2014
Hammer throw 6kg	80.54		Aleksi Jaakkola	FIN	Nokia, FIN	28.04.2016
(7,257 kg)	78.33		Olli-Pekka Karjalainen	FIN	Seinäjoki, FIN	05.09.1999)
Javelin throw	83.87		Andreas Thorkildsen	NOR	Bergen, NOR	07.06.2001
Decathlon	7.881		Aki Heikkinen	FIN	Riga, LAT	06.08.1999
			(11.10-7.23w-13.87-1.92-49.71-15.25-40.96-4.80-66.75-4:36.62)			
4x100 m relay	39.73		Sweden		Eskilstuna, SWE	19.07.2015
			(Emil von Barth, Austin Hamilton, Thobias Nilsson Montler, Gustav Kjell)			
4x400 m relay	3:09.76		Sweden		Skien, NOR	22.08.1993
			(Tobias Karlsson, David Bergdahl, Mathias Sundin, Rikard Rasmusson)			