

## TIMETABLE

26-03-28	Time	Discipline	Round Information
	09:00	60 m Hurdles W35	1st (2) 2Q 4q
	09:00	<b>Long Jump M40</b>	
	09:00	<b>Discus Throw W65 (1)</b>	stadium
	09:00	<b>Shot Put M35 (7.26)</b>	
	09:00	<b>Weight Throw M75 (7.260)</b>	stadium
	09:11	60 m Hurdles W40	1st (2) 2Q 4q
	09:32	60 m Hurdles W50	1st (2) 2Q 4q
	09:47	60 m Hurdles W55	1st (2) 2Q 4q
	09:58	60 m Hurdles W60	1st (2) 2Q 4q
	10:15	<b>Shot Put M40 (7.26)</b>	
	10:20	400 m M35	SF (2) 2Q 2q
	10:25	<b>Weight Throw M80+ (5.450)</b>	stadium
	10:32	400 m M40	SF (2) 2Q 2q
	10:35	<b>Discus Throw W70 (1)</b>	stadium
	10:44	400 m M45	SF (2) 2Q 2q
	10:56	400 m M50	SF (2) 2Q 2q
	11:00	<b>Long Jump W35</b>	
	11:08	400 m M55	SF (2) 2Q 2q
	11:20	400 m M60	SF (2) 2Q 2q
	11:32	400 m M65	SF (2) 2Q 2q
	11:45	<b>Shot Put M45 (7.26)</b>	
	12:00	<b>Discus Throw W75 (0.75)</b>	stadium
	12:00	<b>High Jump W70</b>	
	12:08	400 m M80	SF (2) 2Q 2q
	12:10	<b>Hammer Throw W35 (4)</b>	stadium
	12:20	400 m W35	SF (2) 2Q 2q
	12:25	<b>Long Jump W40</b>	
	12:50	400 m W45	SF (2) 2Q 2q
	13:08	400 m W50	SF (3) 1Q 3q
	13:25	<b>Shot Put M50 (6)</b>	
	13:25	<b>Hammer Throw W40 (4)</b>	stadium
	13:26	400 m W55	SF (2) 2Q 2q
	13:30	<b>Discus Throw W80+ (0.75)</b>	stadium
	13:44	400 m W60	SF (3) 1Q 3q
	13:45	<b>High Jump W75+</b>	
	14:05	<b>Long Jump W45</b>	
	14:10	400 m W70	SF (2) 2Q 2q
	14:25	<b>3000 m Walk W35-40</b>	<b>Final</b>
	14:45	<b>Hammer Throw W45 (4)</b>	stadium
	14:45	<b>Javelin Throw W60 (500)</b>	stadium
	14:50	<b>3000 m Walk W45-50</b>	<b>Final</b>
	15:00	<b>Shot Put M55 (6)</b>	
	15:15	<b>3000 m Walk W55-60</b>	<b>Final</b>

15:20	Long Jump W50		
15:45	3000 m Walk M35-40	Final	
16:00	Hammer Throw W50 (3)		stadium
16:10	3000 m Walk M45	Final	
16:10	Javelin Throw W55 (500)		stadium
16:35	3000 m Walk M50	Final	
16:35	Shot Put M60 (5)		
17:05	3000 m Walk M55-60	Final	
17:05	Long Jump W55		
17:35	3000 m Walk M65	Final	
18:05	3000 m Walk M70	Final	
18:30	Shot Put M65 (5)		
18:35	60 m Hurdles W35	Final	
18:40	60 m Hurdles W40	Final	
18:40	Long Jump M35		
18:45	60 m Hurdles W45	Final	
18:50	60 m Hurdles W50	Final	
18:55	60 m Hurdles W55	Final	
19:00	60 m Hurdles W60	Final	
19:05	60 m Hurdles W65	Final	
19:10	60 m Hurdles W70	Final	
19:16	60 m Hurdles W75	Final	
19:22	60 m Hurdles W80+	Final	
20:00	Shot Put M70 (4)		