

TIMETABLE

26-03-29	Time	Discipline	Round Information
	08:00	Long Jump M45	
	08:00	Shot Put W35 (4)	
	08:30	60 m M35	1st (6) 2Q 4q
	09:00	Weight Throw W65 (5.450)	stadium
	09:00	Discus Throw M35 (2)	stadium
	09:05	60 m M40	1st (8) 2Q 8q
	09:10	Shot Put W40 (4)	
	09:45	Long Jump M50	
	09:50	60 m M45	1st (6) 2Q 4q
	10:00	Long Jump M75	II
	10:25	60 m M50	1st (6) 2Q 4q
	10:30	Discus Throw M40 (2)	stadium
	10:40	Shot Put W45 (4)	
	10:45	Weight Throw W70 (5.450)	stadium
	11:00	60 m M55	1st (5) 2Q 6q
	11:00	5 km M35+	Final
	11:00	5 km TEAM M35	Final
	11:00	5 km TEAM M40	Final
	11:00	5 km TEAM M45	Final
	11:00	5 km TEAM M50	Final
	11:00	5 km TEAM M55	Final
	11:00	5 km TEAM M60	Final
	11:00	5 km TEAM M65	Final
	11:00	5 km TEAM M70	Final
	11:00	5 km TEAM M75	Final
	11:00	5 km TEAM M80	Final
	11:05	5 km W35+	Final
	11:05	5 km TEAM W35	Final
	11:05	5 km TEAM W40	Final
	11:05	5 km TEAM W45	Final
	11:05	5 km TEAM W50	Final
	11:05	5 km TEAM W55	Final
	11:05	5 km TEAM W60	Final
	11:05	5 km TEAM W65	Final
	11:05	5 km TEAM W70	Final
	11:05	5 km TEAM W75	Final
	11:25	Long Jump M55	
	11:30	60 m M60	1st (5) 2Q 6q
	11:30	Long Jump M80	II
	12:00	60 m M65	1st (4) 2Q 8q
	12:00	Javelin Throw M45 (800)	stadium
	12:05	Weight Throw W75 (4)	stadium
	12:20	Shot Put W50 (3)	

12:25	60 m M75	SF (3) 2Q 2q	
12:40	Long Jump M85+		II
12:45	60 m W35	SF (3) 2Q 2q	
13:05	60 m W40	1st (5) 2Q 6q	
13:20	Javelin Throw M50 (700)		stadium
13:25	Long Jump M60		
13:30	Weight Throw W80+ (4)		stadium
13:35	60 m W45	1st (4) 2Q 8q	
13:40	Shot Put W55 (3)		
13:55	60 m W50	1st (4) 2Q 8q	
14:25	60 m W55	SF (3) 2Q 2q	
14:40	Weight Throw M65 (9.080)		stadium
14:45	Javelin Throw M55 (700)		stadium
14:50	60 m W65	SF (3) 2Q 2q	
15:00	Long Jump M65		
15:10	400 m M35	Final	
15:16	400 m M40	Final	
15:22	400 m M45	Final	
15:28	400 m M50	Final	
15:30	Shot Put W60 (3)		
15:34	400 m M55	Final	
15:40	400 m M60	Final	
15:46	400 m M65	Final	
15:52	400 m M70	Final	
15:58	400 m M75	Final	
16:04	400 m M80	Final	
16:10	400 m M85	Final	
16:15	Javelin Throw M60 (600)		stadium
16:16	400 m M90+	Final	
16:22	400 m W80+	Final	
16:25	Weight Throw M70 (7.260)		stadium
16:28	400 m W75	Final	
16:34	400 m W70	Final	
16:40	400 m W65	Final	
16:46	400 m W60	Final	
16:50	Long Jump M70		
16:52	400 m W55	Final	
16:58	400 m W50	Final	
17:04	400 m W45	Final	
17:10	400 m W40	Final	
17:10	Shot Put M75 (4)		
17:15	400 m W35	Final	
17:25	60 m M35	SF (2) 2Q 4q	
17:35	60 m M40	SF (3) 2Q 2q	
17:50	60 m M45	SF (2) 2Q 2q	
18:00	60 m M50	SF (2) 2Q 4q	
18:10	60 m M55	SF (2) 2Q 4q	
18:20	60 m M60	SF (2) 2Q 4q	
18:20	Triple Jump W60		
18:30	60 m M65	SF (2) 2Q 4q	
18:40	60 m M70	SF (3) 2Q 2q	
18:50	Shot Put M80 (3)		
18:55	60 m M80	SF (2) 2Q 4q	

19:05	60 m W80	SF (2) 2Q 4q
19:15	60 m W75	SF (2) 2Q 4q
19:25	60 m W70	SF (3) 2Q 2q
19:40	60 m W60	SF (2) 2Q 2q
19:40	Triple Jump W65	
19:50	60 m W50	SF (2) 2Q 4q
20:00	60 m W45	SF (2) 2Q 4q
20:10	60 m W40	SF (2) 2Q 4q
20:15	Shot Put M85+ (3)	
21:00	Triple Jump W70+	