

REGISTRATION 07:00			
TRACK ITEMS		FIELD ITEMS	
7H45	5000m (all)	07h45	SHOTPUT W30-49 DISCUS W 50+ JAVELIN M 30-49
8H30	5000m w walk(all)	8h30	DISCUS W30-49 SHOTPUT W50 + JAVELIN M 50+ TRIPLE JUMP M (ALL)
9h10	5000m M walk (all)	9h15	SHOTPUT M 30-49 DISCUS M 50+ JAVELIN W30-49 LONG JUMP W30-39 HIGH JUMP M 30-49
9h50	100m W(all)		
10h00	100m M(all)		DISCUS M 30-49
10h10	800m W (all)		SHOTPUT M 50+
10h20	800m M (all)	10h00	JAVELIN W50+ LONG JUMP W 40+
10h30	110mh M 19-49		
10h40	100mh M 50 +		
10h50	100mh W 19-39		HAMMER W 30-49 HIGH JUMP W (ALL)
11h00	80 mh W 40+	10h45	LONG JUMP M 30-49
11h10	80 mh M 70+		
11h20	400mh M 19-59		
11h30	400 mh W 19-59		
11h40	300 mh M 60-79	11h30	HAMMER W+50 TRIPLE JUMP W (ALL)
11h 50	300 mh W 50-69		
12h00 -13h00			
13h00	200m W (all)		HAMMER M30-49 LONG JUMP M 50+
13h10	200m M (all)		
13h20	1500m W (all)	13h15	
13h25	1500m M (all)		
13h30	400m W (all)		
13h 40	400m M (all)	14h15	HAMMER M50+