

SUNDAY 26th			
ARENA TRACK			
TIME	VENUE	CAT.	TYPE
08:30	3000m	W70+	Final
9:00	3000m	W60/65	Final
9:30	3000m	W55	Final
9:50	3000m	W50	Final
10:15	3000m	W45	Final
10:35	3000m	W40	Final
10:55	3000m	W35	Final
11:15	3000m	M80+	Final
11:45	3000m	M75	Final
12:15	3000m	M70	Final
12:40	3000m	M65	Final B
13:00	3000m	M65	Final A
13:15	3000m	M60	Final B
13:35	3000m	M60	Final A
13:50	3000m	M55	Final B
14:10	3000m	M55	Final A
14:25	3000m	M50	Final B
14:45	3000m	M50	Final A
15:00	3000m	M45	Final B
15:20	3000m	M45	Final A
15:35	3000m	M40	Final B
15:55	3000m	M40	Final A
16:10	3000m	M35	Final

16:30	400m	W45	Heat
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16:50	400m	M70	Heat
17:10	400m	M65	Heat
17:30	400m	M60	Heat
18:10	400m	M55	Heat
18:45	400m	M50	Heat
19:20	400m	M45	Heat
19:50	400m	M40	Heat
20:20	400m	M35	Heat

SUNDAY 26th							
ARENA FIELD							
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
<b>HIGH JUMP A/B</b>				<b>LONG JUMP</b>			
9:00	High Jump A	M85+	Final	08:15	Long Jump	M65	Final
9:00	High Jump B	M70	Final	10:15	Long Jump	M60	Final
11:15	High Jump A	W75+	Final	12:45	Long Jump	M55	Final
11:15	High Jump B	W45/50	Final	14:30	Long Jump	M50	Final
13:15	High Jump A	M80	Final	16:45	Long Jump	M45	Final
13:15	High Jump B	W55	Final	18:30	Long Jump	M40	Final
15:00	High Jump A	W70	Final	20:15	Long Jump	M35	Final
15:00	High Jump B	M75	Final				
16:15	High Jump A	W35/40	Final				
16:15	High Jump B	W65	Final				
18:15	High Jump A	W60	Final				

THROWING HALL			
SHOT PUT			
TIME	VENUE	CAT.	TYPE
9:00	Shot Put	W50	Final
10:35	Shot Put	W45	Final
12:00	Shot Put	W40	Final
13:30	Shot Put	W35	Final

THROWING HALL			
WEIGHT THROW			
TIME	VENUE	CAT.	TYPE
9:00	Weight Throw	M85+	Final
10:30	Weight Throw	M80	Final
12:15	Weight Throw	M75	Final
13:45	Weight Throw	M70	Final
15:30	Weight Throw	M65	Final
17:00	Weight Throw	M60	Final

STADIUM			
JAVELIN THROW			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	M35	Final
10:30	Javelin	M40	Final
12:15	Javelin	M45	Final
14:00	Javelin	M50	Final
15:40	Javelin	M55	Final

STADIUM			
DISCUS THROW			
TIME	VENUE	CAT.	TYPE
09:00	Discus	W80+	Final
10:45	Discus	W75	Final
12:15	Discus	W70	Final
13:45	Discus	W65	Final
15:30	Discus	W60	Final
17:00	Discus	W55	Final

MONDAY 27th			
ARENA TRACK			
TIME	VENUE	CAT.	TYPE
8:00	60m	M70	Heat
8:20	60m	M65	Heat
8:50	60m	M60	Heat
9:20	60m	M55	Heat
10:00	60m	M50	Heat
10:35	60m	M45	Heat
11:05	60m	M40	Heat
11:30	60m	M35	Heat

11:55	3000mWalk	M80+	Final
12:35	3000mWalk	M75	Final
13:10	3000mWalk	M70	Final
13:50	3000mWalk	M65	Final
14:25	3000mWalk	M60	Final
15:00	3000mWalk	M55	Final
15:35	3000mWalk	M50	Final
16:00	3000mWalk	M45	Final
16:25	3000mWalk	M35/40	Final

17:00	400m	W75	Semif.
17:05	400m	W70	Semif.
17:10	400m	W65	Semif.
17:20	400m	W60	Semif.
17:30	400m	W55	Semif.
17:40	400m	W50	Semif.
18:00	400m	W45	Semif.
18:10	400m	W40	Semif.
18:25	400m	W35	Semif.

18:40	400m	M80	SemiF
18:55	400m	M75	Semif.
19:10	400m	M70	Semif.
19:15	400m	M65	Semif.
19:20	400m	M60	Semif.
19:35	400m	M55	Semif.
19:50	400m	M50	Semif.
20:05	400m	M45	Semif.
20:20	400m	M40	Semif.
20:35	400m	M35	Semif.

MONDAY 27th							
ARENA FIELD							
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
<b>HIGH JUMP A/B</b>				<b>LONG JUMP A/ B</b>			
13:00	High Jump A	M65	Final	08:15	Long Jump B	M85+	Final
13:00	High Jump B	M60	Final	08:15	Long Jump A	M75	Final
16:00	High Jump A	M55	Final	09:45	Long Jump B	M80	Final
16:00	High Jump B	M50	Final	09:45	Long Jump A	M70	Final
				11:45	Long Jump A	W55	Final
				13:35	Long Jump A	W50	Final
				15:25	Long Jump A	W45	Final
				17:20	Long Jump A	W40	Final
				19:15	Long Jump A	W35	Final

THROWING HALL			
SHOT PUT A			
TIME	VENUE	CAT.	TYPE
9:00	Shot Put	W80+	Final
10:35	Shot Put	W75	Final
12:05	Shot Put	W70	Final
13:35	Shot Put	W65	Final
15:30	Shot Put	W55	Final

THROWING HALL			
WEIGHT THROW/SHOT PUT B			
TIME	VENUE	CAT.	TYPE
9:00	Weight Throw	W50	Final
10:30	Weight Throw	W45	Final
12:00	Weight Throw	W40	Final
13:15	Weight Throw	W35	Final
14:30	Shot Put (B)	W60	Final

STADIUM			
JAVELIN THROW			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	M60	Final
10:50	Javelin	M65	Final
12:15	Javelin	M70	Final
14:00	Javelin	M75	Final
15:30	Javelin	M80	Final
17:00	Javelin	M85+	Final

CROSS COUNTRY			
TIME	VENUE	CAT.	TYPE
8:00	6 km	M75+/W70+	Fina]
9:00	6 km	M70	Fina]
9:50	8 km	W60/65	Final
10:40	8 km	W50/55	Final
11:25	8 km	W45	Fina]
12:10	8 km	W35/40	Fina]
13:00	8 km	M65	Fina]
13:40	8 km	M60	Final
14:25	8 km	M55	Final
15:05	8 km	M50	Final
15:45	8 km	M45	Fina]
16:25	8 km	M35/40	Final

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
10:00	Hammer	M55	Final
11:40	Hammer	M50	Final
13:05	Hammer	M45	Final
14:40	Hammer	M40	Final
16:00	Hammer	M35	Final

## TUESDAY 28th

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
9:00	60m	W55	Heat
9:20	60m	W50	Heat
9:40	60m	W45	Heat
10:00	60m	M85	Semif.
10:10	60m	M80	Semif.
10:25	60m	M75	Semif.
10:35	60m	M70	Semif.
10:45	60m	M65	Semif.
11:00	60m	M60	Semif.
11:10	60m	M55	Semif.
11:25	60m	M50	Semif.
11:40	60m	M45	Semif.
11:55	60m	M40	Semif.
12:05	60m	M35	Semif.
12:15	60m	W75	Semif.
12:25	60m	W70	Semif.
12:40	60m	W65	Semif.
12:55	60m	W60	Semif.
13:10	60m	W55	Semif.
13:20	60m	W50	Semif.
13:40	60m	W45	Semif.
13:50	60m	W40	Semif.
14:05	60m	W35	Semif.

14:30	3000mWalk	W75+	Final
15:10	3000mWalk	W65/70	Final
15:50	3000mWalk	W55/60	Final
16:25	3000mWalk	W45/50	Final
16:55	3000mWalk	W35/40	Final
17:30	400m	W85	Final
17:36	400m	W80	Final
17:42	400m	W75	Final
17:47	400m	W70	Final
17:52	400m	W65	Final
17:57	400m	W60	Final
18:03	400m	W55	Final
18:08	400m	W50	Final
18:13	400m	W45	Final
18:18	400m	W40	Final
18:23	400m	W35	Final
18:28	400m	M90+	Final
18:35	400m	M85	Final
18:40	400m	M80	Final
18:45	400m	M75	Final
18:50	400m	M70	Final
18:55	400m	M65	Final
19:00	400m	M60	Final
19:05	400m	M55	Final
19:10	400m	M50	Final
19:15	400m	M45	Final
19:20	400m	M40	Final
19:25	400m	M35	Final

## TUESDAY 28th

### ARENA FIELD

HIGH JUMP				LONG JUMP/TRIPLE JUMP			
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
				08:20	Long Jump	W80+	Final
15:00	High Jump A	M45	Final	09:40	Long Jump	W70/75	Final
				11:30	Long Jump	W60	Final
16:30	High Jump A	M40	Final	13:20	Long Jump	W65	Final
				15:15	Triple Jump	M60	Final
18:00	High Jump A	M35	Final	17:10	Triple Jump	M55	Final
				19:00	Triple Jump	M50	Final

THROWING HALL			
SHOT PUT			
TIME	VENUE	CAT.	TYPE
9:00	Shot Put	M50	Final
10:45	Shot Put	M45	Final
12:30	Shot Put	M40	Final
14:30	Shot Put	M35	Final

THROWING HALL			
WEIGHT THROW			
TIME	VENUE	CAT.	TYPE
09:00	Weight Throw	W75+	Final
10:50	Weight Throw	W70	Final
12:30	Weight Throw	W65	Final
14:15	Weight Throw	W60	Final
15:55	Weight Throw	W55	Final

STADIUM			
JAVELIN			
TIME	VENUE	CAT.	TYPE
10:00	Javelin	W50	Final
11:30	Javelin	W45	Final
12:50	Javelin	W40	Final
14:10	Javelin	W35	Final

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
9:30	Hammer	M85+	Final
11:00	Hammer	M80	Final
12:30	Hammer	M75	Final
13:45	Hammer	M70	Final
15:10	Hammer	M65	Final
16:45	Hammer	M60	Final

## WEDNESDAY 29th

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	M60	Pent
08:30	60m	W85+	Final
8:34	60m	W80	Final
08:38	60m	W75	Final
08:42	60m	W70	Final
8:46	60m	W65	Final
08:50	60m	W60	Final
08:54	60m	W55	Final
8:58	60m	W50	Final
09:02	60m	W45	Final
09:06	60m	W40	Final
9:10	60m	W35	Final
09:14	60m	M90+	Final
09:18	60m	M85	Final
9:22	60m	M80	Final
09:26	60m	M75	Final
09:30	60m	M70	Final
9:34	60m	M65	Final
09:38	60m	M60	Final
09:42	60m	M55	Final
9:46	60m	M50	Final
09:50	60m	M45	Final
09:54	60m	M40	Final
9:58	60m	M35	Final
10:10	800m	W65	Semif.
10:15	800m	W60	Semif.
10:30	800m	W55	Semif.
10:40	60 Hurdles	M75+	Pent
11:00	60 Hurdles	M70	Pent
11:20	800m	W50	Semif.
11:32	800m	W45	Semif.
11:48	800m	W40	Semif.
12:05	800m	W35	Semif.
12:20	800m	M80	Semif.
12:35	800m	M75	Semif.
13:05	60 Hurdles	M65	Pent
13:30	60 Hurdles	M55	Pent
14:00	800m	M70	Semif.
14:15	800m	M65	Semif.
14:40	800m	M60	Semif.
15:20	1000 C	M60	Pent
15:30	1000 B	M60	Pent
15:38	1000 A	M60	Pent
15:50	800m	M55	Semif.
16:10	800m	M50	Semif.
16:40	800m	M45	Semif.
17:20	800m	M40	Semif.
17:40	800m	M35	Semif.

## WEDNESDAY 29th

### ARENA FIELD

TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
<b>POLE VAULT/TRIPLE JUMP</b>				<b>PENTATHLON Long Jump/High Jump</b>			
10:00	Pole Vault	M35	Final	8:50	Long Jump A	M60	Pent
13:00	Pole Vault	M40	Final	11:25	Long Jump B	M75+	Pent
16:00	Pole Vault	M45	Final	11:45	Long Jump A	M70	Pent
16:30	Triple Jump A	W35	Final	14:05	Long Jump B	M65	Pent
17:45	Triple Jump A	W40	Final	14:25	Long Jump A	M55	Pent
19:15	Triple Jump A	W45	Final	12:30	High Jump A+B	M60	Pent
				15:15	High Jump B	M75+	Pent
				15:25	High Jump A	M70	Pent
				18:15	High Jump B	M65	Pent
				18:30	High Jump A	M55	Pent

### THROWING HALL

#### SHOT PUT A

TIME	VENUE	CAT.	TYPE
10:40	Shot Put	M60	Pent
13:25	Shot Put	M75+	Pent
16:30	Shot Put	M55	Pent

### THROWING HALL

#### WEIGHT THROW/SHOT PUT B

TIME	VENUE	CAT.	TYPE
8:00	Weight Throw	M40	Final
10:40	Shot Put	M60	Pent
13:35	Shot Put	M70	Pent
16:10	Shot Put	M65	Pent
18:00	Weight Throw	M35	Final
19:15	Weight Throw	M45	Final

### STADIUM

#### JAVELIN/DISCUS

TIME	VENUE	CAT.	TYPE
9:00	Javelin	W55	Final
10:30	Javelin	W60	Final
12:00	Javelin	W65	Final
13:30	Javelin	W70	Final
15:00	Javelin	W75+	Final
15:00	Discus	M85+	Final
16:45	Discus	M80	Final

### THROWING FIELD

#### DISCUS

TIME	VENUE	CAT.	TYPE
9:00	Discus	M50	Final
11:00	Discus	M55	Final
13:00	Discus	M65	Final
15:00	Discus	M70	Final
16:45	Discus	M75	Final

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
18:00	1000	M80+	Pent
18:10	1000	M75	Pent
18:30	1000 B	M70	Pent
18:38	1000 A	M70	Pent
21:30	1000 B	M65	Pent
21:38	1000 A	M65	Pent
21:45	1000 B	M55	Pent
21:53	1000 A	M55	Pent

### 10 KILOMETERS ROAD

TIME	VENUE	CAT.	TYPE
10:00	10km Road	W+M	Final

THURSDAY 30th			
ARENA TRACK			
TIME	VENUE	CAT.	TYPE
08:00	60 Hurdles	M50	Pent
08:25	200m	W65	Heat
08:50	200m	W60	Heat
09:15	200m	W55	Heat
9:45	60 Hurdles	M45	Pent
10:05	60 Hurdles	M40	Pent
10:20	200m	W50	Heat
10:45	200m	W45	Heat
11:15	200m	W40	Heat
11:40	200m	M75	Heat
12:00	200m	M70	Heat
12:25	200m	M65	Heat
13:05	200m	M60	Heat
14:00	60 Hurdles	M35	Pent
14:15	200m	M55	Heat
15:00	1000 B	M50	Pent
15:08	1000 A	M50	Pent
15:20	200m	M50	Heat
15:55	200m	M45	Heat
16:35	200m	M40	Heat
17:15	200m	M35	Heat
17:50	800m	W80+	Final
18:00	800m	W75	Final
18:15	1000 B	M45	Pent
18:25	1000 A	M45	Pent
18:40	1000 B	M40	Pent
18:50	1000 A	M40	Pent
19:00	800m	W70	Final
19:08	800m	W65	Final
19:16	800m	W60	Final
19:24	800m	W55	Final
19:32	800m	W50	Final
19:40	800m	W45	Final
19:47	800m	W40	Final
19:54	800m	W35	Final
20:02	800m	M85+	Final
20:12	800m	M80	Final
20:20	800m	M75	Final
20:28	800m	M70	Final
20:36	800m	M65	Final
20:44	800m	M60	Final
20:52	800m	M55	Final
21:00	800m	M50	Final
21:15	1000	M35	Pent
21:25	800m	M45	Final
21:32	800m	M40	Final
21:40	800m	M35	Final

THURSDAY 30th			
ARENA FIELD			
TIME	VENUE	CAT.	TYPE
POLE VAULT/TRIPLE JUMP			
9:30	Pole Vault	M60	Final
13:00	Pole Vault	M55	Final
17:00	Pole Vault	M50	Final
12:00	Triple Jump A	W55	Final
12:40	Triple Jump B	W75+	Final
14:10	Triple Jump B	W70	Final
15:20	Triple Jump B	W65	Final
16:15	Triple Jump A	W60	Final
17:45	Triple Jump A	W50	Final

TIME	VENUE	CAT.	TYPE
PENTATHLON Long Jump/High Jump			
8:50	Long Jump A	M50	Pent
8:50	Long Jump B	M50	Pent
10:40	Long Jump A	M45	Pent
11:00	Long Jump B	M40	Pent
14:45	Long Jump A	M35	Pent

TIME	VENUE	CAT.	TYPE
12:20	High Jump A+B	M50	Pent
15:00	High Jump A	M45	Pent
15:00	High Jump B	M40	Pent
17:40	High Jump A	M35	Pent

THROWING HALL			
SHOT PUT A			
TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M90+	Final
8:45	Shot Put	M85	Final
10:35	Shot Put	M50	Pent
12:25	Shot Put	M45	Pent
14:00	Shot Put	M75	Final
16:35	Shot Put	M35	Pent
18:00	Shot Put	M65	Final

THROWING HALL			
WEIGHT THROW/SHOT PUT B			
TIME	VENUE	CAT.	TYPE
8:30	Shot Put	M80	Final
10:35	Shot Put	M50	Pent
12:00	Shot Put	M70	Final
13:00	Shot Put	M40	Pent
15:00	Weight Throw	M50	Final
16:45	Weight Throw	M55	Final

STADIUM			
DISCUS			
TIME	VENUE	CAT.	TYPE
10:00	Discus	M35	Final
11:30	Discus	M40	Final
13:00	Discus	M45	Final
14:30	Discus	M60	Final

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
10:00	Hammer	W50	Final
11:45	Hammer	W45	Final
13:15	Hammer	W40	Final
14:45	Hammer	W35	Final

## FRIDAY 31st

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	W70+	Pent
08:08	60 Hurdles	W65	Pent
8:20	200m	W80	Semif.
8:28	200m	W75	Semif.
8:36	200m	W70	Semif.
8:50	200m	W65	Semif.
8:55	200m	W60	Semif.
9:00	200m	W55	Semif.
09:12	200m	W50	Semif.
09:24	200m	W45	Semif.
9:36	200m	W40	Semif.
9:50	60 Hurdles	W60	Pent
10:00	60 Hurdles	W55	Pent
10:10	200m	W35	Semif.
10:25	200m	M85	Semif.
10:35	200m	M80	Semif.
10:48	200m	M75	Semif.
10:56	200m	M70	Semif.
11:08	200m	M65	Semif.
11:20	200m	M60	Semif.
11:32	200m	M55	Semif.
11:44	200m	M50	Semif.
12:00	60 Hurdles	W50	Pent
12:20	60 Hurdles	W45	Pent
12:30	200m	M45	Semif.
12:42	200m	M40	Semif.
12:54	200m	M35	Semif.
13:10	1500m	M65	Heats
13:30	1500m	M60	Heats
13:50	800m	W70+	Pent
14:00	800m	W65	Pent
14:10	60 Hurdles	W40	Pent
14:20	60 Hurdles	W35	Pent
14:30	1500m	M55	Heats
15:00	1500m	M50	Heats
15:25	1500m	M45	Heats
15:40	800m	W60	Pent
15:50	800m	W55	Pent
16:00	1500m	M40	Heats
16:25	1500m	M35	Heats
16:45	60 Hurdles	M80	Semif.
16:50	60 Hurdles	M75	Semif.
17:00	60 Hurdles	M70	Semif.
17:10	60 Hurdles	M65	Semif.
17:25	60 Hurdles	M60	Semif.
17:45	60 Hurdles	M55	Semif.
18:00	60 Hurdles	M50	Semif.

## FRIDAY 31st

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
18:20	800m	W45	Pent
18:30	800m	W50	Pent
18:40	60 Hurdles	M45	Semif.
18:50	60 Hurdles	M40	Semif.
19:00	60 Hurdles	M35	Semif.
19:20	800m	W35	Pent
19:30	200m	W85+	Final
19:35	200m	W80	Final
19:40	200m	W75	Final
19:44	200m	W70	Final
19:48	200m	W65	Final
19:52	200m	W60	Final
19:56	200m	W55	Final
20:00	200m	W50	Final
20:04	200m	W45	Final
20:08	200m	W40	Final
20:12	200m	W35	Final
20:20	800m	W40	Pent
20:30	200m	M90+	Final
20:35	200m	M85	Final
20:39	200m	M80	Final
20:43	200m	M75	Final
20:47	200m	M70	Final
20:51	200m	M65	Final
20:55	200m	M60	Final
20:59	200m	M55	Final
21:03	200m	M50	Final
21:07	200m	M45	Final
21:11	200m	M40	Final
21:15	200m	M35	Final
21:20	60 Hurdles	M85	Final
21:25	60 Hurdles	M80	Final
21:30	60 Hurdles	M75	Final
21:35	60 Hurdles	M70	Final
21:40	60 Hurdles	M65	Final
21:45	60 Hurdles	M60	Final
21:50	60 Hurdles	M55	Final
21:55	60 Hurdles	M50	Final
22:00	60 Hurdles	M45	Final
22:05	60 Hurdles	M40	Final
22:10	60 Hurdles	M35	Final

# FRIDAY 31st

## ARENA FIELD

TIME	VENUE	CAT.	TYPE
<b>POLE VAULT/TRIPLE JUMP A</b>			
9:30	Pole Vault	M75+	Final
13:00	Pole Vault	M70	Final
16:30	Pole Vault	M65	Final
8:00	Triple Jump	M45	Final
10:00	Triple Jump	M35	Final
20:00	Triple Jump	M40	Final

TIME	VENUE	CAT.	TYPE
<b>PENTATHLON High Jump/Long Jump</b>			
8:40	High Jump A	W70+	Pent
8:50	High Jump B	W65	Pent
10:30	High Jump A	W60	Pent
10:50	High Jump B	W55	Pent
12:40	High Jump A	W50	Pent
13:00	High Jump B	W45	Pent
15:00	High Jump A	W40	Pent
15:00	High Jump B	W35	Pent
12:10	Long Jump A	W70+	Pent
12:30	Long Jump B	W65	Pent
14:30	Long Jump A	W60	Pent
14:40	Long Jump B	W55	Pent
16:50	Long Jump A	W50	Pent
16:50	Long Jump B	W45	Pent
18:10	Long Jump B	W35	Pent
18:50	Long Jump A	W40	Pent

## THROWING HALL

### SHOT PUT A

TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M60	Final
10:40	Shot Put	W70+	Pent
13:00	Shot Put	W60	Pent
15:20	Shot Put	W50	Pent
17:20	Shot Put	W40	Pent

### STADIUM

TIME	VENUE	CAT.	TYPE
9:00	Discus	W50	Final
10:30	Discus	W45	Final
12:00	Discus	W40	Final
13:40	Discus	W35	Final

## 10 KILOMETERS WALK

TIME	VENUE	CAT.	TYPE
9:00	10km Walk	W55+	Final
10:45	10km Walk	W35/40/45/50	Final
12:30	10km Walk	M70+	Final
14:10	10km Walk	M55/60/65	Final
15:40	10km Walk	M35/40/45/50	Final

## THROWING HALL

### SHOT PUT B

TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M55	Final
11:00	Shot Put	W65	Pent
13:10	Shot Put	W55	Pent
15:20	Shot Put	W45	Pent
17:00	Shot Put	W35	Pent

### THROWING FIELD

#### HAMMER THROW

TIME	VENUE	CAT.	TYPE
9:00	Hammer	W80+	Final
10:30	Hammer	W75	Final
11:45	Hammer	W70	Final
13:15	Hammer	W65	Final
14:30	Hammer	W60	Final
16:30	Hammer	W55	Final

## SATURDAY 1ST

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	W65	Semi
08:10	60 Hurdles	W60	Semi
8:20	60 Hurdles	W55	Semi
08:30	60 Hurdles	W50	Semi
08:45	60 Hurdles	W45	Semi
08:55	60 Hurdles	W40	Semi
09:05	60 Hurdles	W35	Semi
09:15	1500m	W75+	Final
09:30	1500m	W70	Final
09:45	1500m	W65	Final
09:55	1500m	W60	Final
10:05	1500m	W55	Final
10:15	1500m	W50	Final
10:25	1500m	W45	Final
10:35	1500m	W40	Final
10:45	1500m	W35	Final
10:55	1500m	M85+	Final
11:10	1500m	M80	Final
11:20	1500m	M75	Final
11:30	1500m	M70	Final
11:40	1500m	M65	Final
11:48	1500m	M60	Final
11:56	1500m	M55	Final
12:04	1500m	M50	Final
12:12	1500m	M45	Final
12:20	1500m	M40	Final
12:28	1500m	M35	Final
12:40	60 Hurdles	W75+	Final
12:45	60 Hurdles	W70	Final
12:50	60 Hurdles	W65	Final
12:55	60 Hurdles	W60	Final
13:00	60 Hurdles	W55	Final
13:05	60 Hurdles	W50	Final
13:10	60 Hurdles	W45	Final
13:15	60 Hurdles	W40	Final
13:20	60 Hurdles	W35	Final

## SATURDAY 1ST

### ARENA FIELD

TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE	
<b>TRIPLE JUMP</b>					<b>POLE VAULT</b>			
09:00	Triple Jump	M85	Final		08:00	Pole Vault	W60+	Final
10:15	Triple Jump	M80	Final		11:00	Pole Vault	W50/55	Final
11:30	Triple Jump	M75	Final		13:30	Pole Vault	W45	Final
12:30	Triple Jump	M65	Final		15:00	Pole Vault	W35/40	Final
14:10	Triple Jump	M70	Final					

### ARENA TRACK

TIME	VENUE	CAT.	TYPE
13:45	4x200 Relay	M80	Final
13:55	4x200 Relay	W80	Final
14:05	4x200 Relay	M75	Final
14:15	4x200 Relay	W75	Final
14:25	4x200 Relay	M70	Final
14:35	4x200 Relay	W70	Final
14:42	4x200 Relay	M65	Final
14:50	4x200 Relay	W65	Final
14:58	4x200 Relay	M60	Final
15:08	4x200 Relay	W60	Final
15:15	4x200 Relay	M55	Final
15:25	4x200 Relay	W55	Final
15:35	4x200 Relay	M50	Final
15:45	4x200 Relay	W50	Final
15:55	4x200 Relay	M45	Final
16:05	4x200 Relay	W45	Final
16:15	4x200 Relay	M40	Final
16:25	4x200 Relay	W40	Final
16:35	4x200 Relay	M35	Final
16:45	4x200 Relay	W35	Final
17:00	4x200 MIX	80	Final
17:10	4x200 MIX	75	Final
17:20	4x200 MIX	70	Final
17:30	4x200 MIX	65	Final
17:40	4x200 MIX	60	Final
17:50	4x200 MIX	55	Final
18:00	4x200 MIX	50	Final
18:10	4x200 MIX	45	Final
18:20	4x200 MIX	40	Final
18:30	4x200 MIX	35	Final
18:45	Closing Ceremony		

### HALF-MARATHON

TIME	VENUE	CAT.	TYPE
11:00	Road	W+M	Final