

Day 1, Friday, March 27

| ARENA TRACK | | | |
|-------------|----------|---------|------|
| 08:30 | 400 m | Heats | M35 |
| 08:54 | 400 m | Heats | M40 |
| 09:30 | 400 m | Heats | M45 |
| 10:00 | 400 m | Heats | M50 |
| 10:20 | 400 m | Heats | M55 |
| 10:50 | 400 m | Heats | M60 |
| 11:26 | 400 m | Heats | M65 |
| 11:50 | 400 m | Heats | M70 |
| 12:10 | 400 m | Heats | M75 |
| 12:34 | 400 m | Heats | W35 |
| 12:58 | 400 m | Heats | W40 |
| 13:22 | 3000 m | Final | W65+ |
| 13:50 | 3000 m | Final | W60 |
| 14:13 | 3000 m | Final | W55 |
| 14:35 | 3000 m | Final | W50 |
| 14:55 | 3000 m | Final | W45 |
| 15:10 | 3000 m | Final | W40 |
| 15:25 | 3000 m | Final | W35 |
| 15:40 | 3000 m | Final | M80+ |
| 16:07 | 3000 m | Final | M75 |
| 16:32 | 3000 m | Final | M70 |
| 16:56 | 3000 m | Final | M65 |
| 17:18 | 3000 m | Final | M60 |
| 17:37 | 3000 m | Final | M55 |
| 17:54 | 3000 m | Final A | M50 |
| 18:11 | 3000 m | Final B | M50 |
| 18:27 | 3000 m | Final A | M45 |
| 18:43 | 3000 m | Final B | M45 |
| 18:59 | 3000 m | Final | M40 |
| 19:14 | 3000 m | Final A | M35 |
| 19:30 | 3000 m | Final B | M35 |
| 19:45 | 3000m RW | Final | W70+ |
| 20:25 | 3000m RW | Final | W65 |
| 20:55 | 3000m RW | Final | M75 |
| 21:28 | 3000m RW | Final | M80+ |

| ARENA FIELD | | |
|-------------|------|-------|
| Long Jump | | |
| 09:00 | W80+ | Final |
| 10:20 | W75 | Final |
| 11:30 | W70 | Final |
| 13:00 | W65 | Final |
| 14:40 | W60 | Final |

| High Jump | | |
|-----------|-----|-------|
| | I | |
| 09:00 | W65 | Final |
| 10:45 | W60 | Final |
| 12:30 | W55 | Final |
| 14:00 | W50 | Final |
| 15:30 | W45 | Final |
| 17:00 | W40 | Final |

| High Jump | | |
|-----------|-----|-------|
| | II | |
| 09:00 | M60 | Final |
| 11:30 | M55 | Final |
| 13:30 | M50 | Final |
| 15:15 | M45 | Final |
| 16:45 | M40 | Final |
| 18:30 | M35 | Final |

| High Jump | | |
|-----------|------|-------|
| | III | |
| 09:00 | W35 | Final |
| 10:05 | M85+ | Final |
| 11:25 | M80 | Final |
| 12:40 | M75 | Final |
| 14:25 | M70 | Final |
| 16:30 | M65 | Final |

| OUTSIDE THE ARENA | | |
|-------------------|-----|-------|
| Hammer Throw | | |
| 09:00 | M35 | Final |
| 10:00 | M40 | Final |

| Weight Throw | | |
|--------------|-----|-------|
| 11:30 | M45 | Final |
| 12:50 | M50 | Final |
| 14:20 | M55 | Final |
| 16:00 | M60 | Final |

| Discus | | |
|--------|-----|-------|
| 09:00 | W35 | Final |
| 10:10 | W40 | Final |
| 11:45 | W45 | Final |
| 13:05 | W50 | Final |
| 14:20 | W55 | Final |
| 15:50 | W60 | Final |

| Javelin | | |
|---------|--------|-------|
| 11:00 | M90 | Final |
| 11:50 | M80-85 | Final |
| 13:30 | M75 | Final |
| 14:45 | M70 | Final |
| 16:20 | M65 | Final |

Day 2, Saturday, March 28

ARENA TRACK

| | | | |
|-------|--------------|-------|--------|
| 09:00 | 60m hurdles | Heats | W35 |
| 09:11 | 60m hurdles | Heats | W40 |
| 09:21 | 60m hurdles | Heats | W45 |
| 09:32 | 60m hurdles | Heats | W50 |
| 09:47 | 60m hurdles | Heats | W55 |
| 09:58 | 60m hurdles | Heats | W60 |
| 10:08 | 60m hurdles | Heats | W65 |
| | | | |
| 10:20 | 400 m | SF | M35 |
| 10:32 | 400 m | SF | M40 |
| 10:44 | 400 m | SF | M45 |
| 10:56 | 400 m | SF | M50 |
| 11:08 | 400 m | SF | M55 |
| 11:20 | 400 m | SF | M60 |
| 11:32 | 400 m | SF | M65 |
| 11:44 | 400 m | SF | M70 |
| 11:56 | 400 m | SF | M75 |
| 12:08 | 400 m | SF | M80 |
| 12:20 | 400 m | SF | W35 |
| 12:32 | 400 m | SF | W40 |
| 12:50 | 400 m | SF | W45 |
| 13:08 | 400 m | SF | W50 |
| 13:26 | 400 m | SF | W55 |
| 13:44 | 400 m | SF | W60 |
| 13:58 | 400 m | SF | W65 |
| 14:10 | 400 m | SF | W70 |
| | | | |
| 14:25 | 3000m RW | Final | W35-40 |
| 14:50 | 3000m RW | Final | W45-50 |
| 15:15 | 3000m RW | Final | W55-60 |
| 15:45 | 3000m RW | Final | M35-40 |
| 16:10 | 3000m RW | Final | M45 |
| 16:35 | 3000m RW | Final | M50 |
| 17:05 | 3000m RW | Final | M55-60 |
| 17:35 | 3000m RW | Final | M65 |
| 18:05 | 3000m RW | Final | M70 |
| | | | |
| 18:35 | 60 m hurdles | Final | W35 |
| 18:40 | 60 m hurdles | Final | W40 |
| 18:45 | 60 m hurdles | Final | W45 |
| 18:50 | 60 m hurdles | Final | W50 |
| 18:55 | 60 m hurdles | Final | W55 |
| 19:00 | 60 m hurdles | Final | W60 |
| 19:05 | 60 m hurdles | Final | W65 |
| 19:10 | 60 m hurdles | Final | W70 |
| 19:16 | 60 m hurdles | Final | W75 |
| 19:22 | 60 m hurdles | Final | W80+ |

ARENA FIELD

| Long Jump | | |
|-----------|-----|-------|
| 09:00 | M40 | Final |
| 11:00 | W35 | Final |
| 12:25 | W40 | Final |
| 14:05 | W45 | Final |
| 15:20 | W50 | Final |
| 17:05 | W55 | Final |
| 18:40 | M35 | Final |

| High Jump | | |
|-----------|------|-------|
| 12:00 | W70 | Final |
| 13:45 | W75+ | Final |

| Shot Put | | |
|----------|-----|-------|
| 09:00 | M35 | Final |
| 10:15 | M40 | Final |
| 11:45 | M45 | Final |
| 13:25 | M50 | Final |
| 15:00 | M55 | Final |
| 16:35 | M60 | Final |
| 18:30 | M65 | Final |
| 20:00 | M70 | Final |

OUTSIDE THE ARENA

| Weight Throw | | |
|--------------|------|-------|
| 09:00 | M75 | Final |
| 10:25 | M80+ | Final |

| Hammer | | |
|--------|-----|-------|
| 12:10 | W35 | Final |
| 13:25 | W40 | Final |
| 14:45 | W45 | Final |
| 16:00 | W50 | Final |

| Discus | | |
|--------|------|-------|
| 09:00 | W65 | Final |
| 10:35 | W70 | Final |
| 12:00 | W75 | Final |
| 13:30 | W80+ | Final |

| Javelin | | |
|---------|-----|-------|
| 14:45 | W60 | Final |
| 16:10 | W55 | Final |

Day 3, Sunday, March 29

ARENA TRACK

| | | | |
|-------|-------|------|-------|
| 08:30 | 60 m | M35 | Heats |
| 09:05 | 60 m | M40 | Heats |
| 09:50 | 60 m | M45 | Heats |
| 10:25 | 60 m | M50 | Heats |
| 11:00 | 60 m | M55 | Heats |
| 11:30 | 60 m | M60 | Heats |
| 12:00 | 60 m | M65 | Heats |
| 12:25 | 60 m | M75 | Heats |
| 12:45 | 60 m | W35 | Heats |
| 13:05 | 60 m | W40 | Heats |
| 13:35 | 60 m | W45 | Heats |
| 13:55 | 60 m | W50 | Heats |
| 14:25 | 60 m | W55 | Heats |
| 14:50 | 60 m | W65 | Heats |
| | | | |
| 15:10 | 400 m | M35 | Final |
| 15:16 | 400 m | M40 | Final |
| 15:22 | 400 m | M45 | Final |
| 15:28 | 400 m | M50 | Final |
| 15:34 | 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 |
| 16:16 | 400 m | M90+ | Final |
| 16:22 | 400 m | W80+ | Final |
| 16:28 | 400 m | W75 | Final |
| 16:34 | 400 m | W70 | Final |
| 16:40 | 400 m | W65 | Final |
| 16:46 | 400 m | W60 | Final |
| 16:52 | 400 m | W55 | Final |
| 16:58 | 400 m | W50 | Final |
| 17:04 | 400 m | W45 | Final |
| 17:10 | 400 m | W40 | Final |
| 17:16 | 400 m | W35 | Final |
| | | | |
| 17:25 | 60 m | M35 | SF |
| 17:40 | 60 m | M40 | SF |
| 17:55 | 60 m | M45 | SF |
| 18:10 | 60 m | M50 | SF |
| 18:25 | 60 m | M55 | SF |
| 18:35 | 60 m | M60 | SF |
| 18:45 | 60 m | M65 | SF |
| 18:55 | 60 m | M70 | SF |
| 19:10 | 60 m | M75 | SF |
| 19:20 | 60 m | M80 | SF |
| 19:30 | 60 m | W80 | SF |
| 19:40 | 60 m | W75 | SF |
| 19:50 | 60 m | W70 | SF |
| 20:05 | 60 m | W65 | SF |
| 20:15 | 60 m | W60 | SF |
| 20:30 | 60 m | W55 | SF |
| 20:40 | 60 m | W50 | SF |
| 20:50 | 60 m | W45 | SF |
| 21:00 | 60 m | W40 | SF |
| 21:10 | 60 m | W35 | SF |

ARENA FIELD

| Shot Put | | |
|----------|------|-------|
| 08:00 | W35 | Final |
| 09:10 | W40 | Final |
| 10:40 | W45 | Final |
| 12:20 | W50 | Final |
| 13:40 | W55 | Final |
| 15:30 | W60 | Final |
| 17:10 | M75 | Final |
| 18:50 | M80 | Final |
| 20:15 | M85+ | Final |

| Long Jump | | |
|-----------|-----|-------|
| 08:00 | M45 | Final |
| 09:45 | M50 | Final |
| 11:25 | M55 | Final |
| 13:25 | M60 | Final |
| 15:00 | M65 | Final |
| 16:50 | M70 | Final |

| Triple jump | | |
|-------------|------|-------|
| 18:20 | W60 | Final |
| 19:40 | W65 | Final |
| 21:00 | W70+ | Final |

| Outside the main Arena | | |
|------------------------|------|-------|
| Long Jump | | |
| 10:00 | M75 | Final |
| 11:30 | M80 | Final |
| 12:40 | M85+ | Final |

OUTSIDE THE ARENA

| Weight Throw | | |
|--------------|------|-------|
| 09:00 | W65 | Final |
| 10:45 | W70 | Final |
| 12:05 | W75 | Final |
| 13:30 | W80+ | Final |
| 14:40 | M65 | Final |
| 16:25 | M70 | Final |

| Discus | | |
|--------|-----|-------|
| 09:00 | M35 | Final |
| 10:30 | M40 | Final |

| Javelin | | |
|---------|-----|-------|
| 12:00 | M45 | Final |
| 13:20 | M50 | Final |
| 14:45 | M55 | Final |
| 16:15 | M60 | Final |

| 5 km Road Race | | |
|----------------|--------|-------|
| 11:00 | M35-50 | Final |
| 11:05 | M55+ | Final |
| 11:10 | W(All) | Final |

Day 4, Monday, March 30

ARENA TRACK

| | | | |
|-------|-------------|------------|------|
| 08:30 | 60m hurdles | Pentathlon | M35 |
| 09:00 | 60m hurdles | Pentathlon | M40 |
| | | | |
| 09:15 | 800 m | Heats | M35 |
| 09:47 | 800 m | Heats | M40 |
| 10:11 | 800 m | Heats | M45 |
| | | | |
| 10:43 | 60m hurdles | Pentathlon | M45 |
| | | | |
| 11:00 | 800 m | Heats | M50 |
| 11:32 | 800 m | Heats | M55 |
| | | | |
| 12:02 | 60m hurdles | Pentathlon | M50 |
| | | | |
| 12:20 | 800 m | Heats | M60 |
| | | | |
| 13:00 | 60m hurdles | Pentathlon | M55 |
| | | | |
| 13:25 | 800 m | Heats | M65 |
| 13:49 | 800 m | Heats | M70 |
| 14:13 | 800 m | Heats | M75 |
| 14:29 | 800 m | Heats | M80 |
| 14:45 | 800 m | Heats | W60 |
| | | | |
| 15:00 | 1000 m | Pentathlon | M35 |
| 15:15 | 1000 m | Pentathlon | M40 |
| | | | |
| 15:30 | 800 m | Heats | W55 |
| 15:54 | 800 m | Heats | W50 |
| 16:10 | 800 m | Heats | W45 |
| 16:34 | 800 m | Heats | W40 |
| 16:50 | 800 m | Heats | W35 |
| | | | |
| 17:05 | 60 m | Final | W35 |
| 17:10 | 60 m | Final | W40 |
| 17:15 | 60 m | Final | W45 |
| 17:20 | 60 m | Final | W50 |
| 17:25 | 60 m | Final | W55 |
| 17:30 | 60 m | Final | W60 |
| 17:35 | 60 m | Final | W65 |
| 17:40 | 60 m | Final | W70 |
| 17:45 | 60 m | Final | W75 |
| 17:50 | 60 m | Final | W80 |
| 17:55 | 60 m | Final | W85+ |
| | | | |
| 18:00 | 1000 m | Pentathlon | M45 |
| 18:20 | 1000 m | Pentathlon | M50 |
| | | | |
| 18:40 | 60 m | Final | M90+ |
| 18:45 | 60 m | Final | M85 |
| 18:50 | 60 m | Final | M80 |
| 18:55 | 60 m | Final | M75 |
| 19:00 | 60 m | Final | M70 |
| 19:05 | 60 m | Final | M65 |
| 19:10 | 60 m | Final | M60 |
| 19:15 | 60 m | Final | M55 |
| 19:20 | 60 m | Final | M50 |
| 19:25 | 60 m | Final | M45 |
| 19:30 | 60 m | Final | M40 |
| 19:35 | 60 m | Final | M35 |
| | | | |
| 19:45 | 1000 m | Pentathlon | M55 |

ARENA FIELD

| Long Jump | | |
|-----------|----------|------------|
| 09:10 | M35 | Pentathlon |
| 10:25 | M40 | Pentathlon |
| 11:30 | M45 | Pentathlon |
| 12:30 | M50 | Pentathlon |
| 14:00 | M55-gr.1 | Pentathlon |
| 15:15 | M55-gr.2 | Pentathlon |

| Triple Jump | | |
|-------------|--------|-------|
| 08:00 | M85+ | Final |
| 16:20 | M60 | Final |
| 18:00 | M65 | Final |
| 19:55 | M70 | Final |
| 21:05 | M75-80 | Final |

| High Jump | | |
|-----------|----------|------------|
| I | | |
| 11:30 | M35 | Pentathlon |
| 14:30 | M45 | Pentathlon |
| 18:30 | M55-gr.1 | Pentathlon |

| High Jump | | |
|-----------|----------|------------|
| II | | |
| 12:45 | M40 | Pentathlon |
| 15:40 | M50 | Pentathlon |
| 17:45 | M55-gr.2 | Pentathlon |

| Pole Vault | | |
|------------|--------|-------|
| 09:00 | W35-40 | Final |
| 11:30 | W45-50 | Final |
| 14:00 | W55-60 | Final |
| 17:00 | W65+ | Final |

| Shot Put | | |
|----------|----------|------------|
| 09:00 | W80+ | Final |
| 10:15 | M35 | Pentathlon |
| 11:30 | M40 | Pentathlon |
| 13:05 | M45 | Pentathlon |
| 14:05 | M50 | Pentathlon |
| 15:15 | M55-gr.1 | Pentathlon |
| 16:30 | M55-gr.2 | Pentathlon |
| 17:45 | W75 | Final |
| 19:10 | W70 | Final |
| 20:30 | W65 | Final |

OUTSIDE THE ARENA

| Discus | | |
|--------|------|-------|
| 08:30 | M60 | Final |
| 10:10 | M65 | Final |
| 12:00 | M70 | Final |
| 13:35 | M75 | Final |
| 15:00 | M80 | Final |
| 16:10 | M85+ | Final |

| Hammer-stadium | | |
|----------------|-----|-------|
| 17:40 | M55 | Final |

| Javelin | | |
|---------|-----|-------|
| 16:00 | M35 | Final |
| 17:05 | M40 | Final |

| Weight Throw | | |
|--------------|--------|-------|
| 08:30 | W35-40 | Final |
| 10:20 | W45 | Final |
| 11:30 | W50 | Final |
| 12:55 | W55 | Final |
| 14:40 | W60 | Final |

| Hammer | | |
|--------|-----|-------|
| 16:20 | M50 | Final |
| 17:50 | M45 | Final |

Day 5, Tuesday, March 31

ARENA TRACK

| | | | |
|-------|-------------|------------|--------|
| 08:00 | 200 m | Heats | W35 |
| 08:20 | 60m Hurdles | Pentathlon | M80-85 |
| 08:25 | 200 m | Heats | W40 |
| 09:00 | 60m Hurdles | Pentathlon | M75 |
| 09:05 | 200 m | Heats | W45 |
| 09:30 | 200 m | Heats | W50 |
| 10:00 | 60m Hurdles | Pentathlon | M70 |
| 10:15 | 200 m | Heats | W55 |
| 10:30 | 200 m | Heats | W60 |
| 10:50 | 200 m | Heats | M70 |
| 11:20 | 200 m | Heats | M75 |
| 11:40 | 60m Hurdles | Pentathlon | M65 |
| 12:05 | 200 m | Heats | M65 |
| 12:50 | 200 m | Heats | M60 |
| 13:45 | 60m Hurdles | Pentathlon | M60 |
| 14:10 | 1000 m | Pentathlon | M80-85 |
| 14:20 | 1000 m | Pentathlon | M75 |
| 14:30 | 200 m | Heats | M55 |
| 15:20 | 200 m | Heats | M50 |
| 16:05 | 200 m | Heats | M45 |
| 16:50 | 1000 m | Pentathlon | M70 |
| 17:00 | 200 m | Heats | M40 |
| 17:45 | 1000 m | Pentathlon | M65 |
| 18:00 | 200 m | Heats | M35 |
| 18:45 | 200m | SF | W35 |
| 18:55 | 200m | SF | W40 |
| 19:10 | 200m | SF | W45 |
| 19:20 | 200m | SF | W50 |
| 19:30 | 200m | SF | W55 |
| 19:40 | 1000 m | Pentathlon | M60 |
| 19:55 | 200m | SF | W60 |
| 20:05 | 200m | SF | W65 |
| 20:20 | 200m | SF | W70 |
| 20:35 | 200m | SF | W75 |
| 20:45 | 800 m | Final | W80+ |
| 20:52 | 800 m | Final | W75 |
| 20:59 | 800 m | Final | W70 |
| 21:06 | 800 m | Final | W65 |
| 21:13 | 800 m | Final | W60 |
| 21:20 | 800 m | Final | W55 |
| 21:27 | 800 m | Final | W50 |
| 21:34 | 800 m | Final | W45 |
| 21:41 | 800 m | Final | W40 |
| 21:48 | 800 m | Final | W35 |
| 21:55 | 800 m | Final | M85+ |

ARENA TRACK

| | | | |
|-------|-------|-------|-----|
| 22:02 | 800 m | Final | M80 |
| 22:09 | 800 m | Final | M75 |
| 22:16 | 800 m | Final | M70 |
| 22:23 | 800 m | Final | M65 |
| 22:30 | 800 m | Final | M60 |
| 22:37 | 800 m | Final | M55 |
| 22:44 | 800 m | Final | M50 |
| 22:51 | 800 m | Final | M45 |
| 22:58 | 800 m | Final | M40 |
| 23:05 | 800 m | Final | M35 |

ARENA FIELD

Long Jump

| | | |
|-------|----------|------------|
| 08:50 | M80-85 | Pentathlon |
| 09:40 | M75 | Pentathlon |
| 10:40 | M70 | Pentathlon |
| 12:10 | M65 gr.1 | Pentathlon |
| 13:15 | M65 gr.2 | Pentathlon |
| 14:00 | M60 gr.1 | Pentathlon |
| 15:15 | M60 gr.2 | Pentathlon |

Triple Jump

| | | |
|-------|---------|-------|
| 16:30 | W35,W45 | Final |
| 18:00 | W40 | Final |
| 19:30 | W50-55 | Final |

High Jump

| | | |
|-------|----------|------------|
| | I | |
| 10:40 | M80-85 | Pentathlon |
| 13:25 | M70 | Pentathlon |
| 15:25 | M65 gr.2 | Pentathlon |
| 17:45 | M60 gr.2 | Pentathlon |

High Jump

| | | |
|-------|----------|------------|
| | II | |
| 11:30 | M75 | Pentathlon |
| 14:20 | M65 gr.1 | Pentathlon |
| 16:40 | M60 gr.1 | Pentathlon |

Pole Vault

| | | |
|-------|-----|-------|
| 09:00 | M35 | Final |
| 11:00 | M40 | Final |
| 14:00 | M45 | Final |
| 16:15 | M50 | Final |

Shot Put

| | | |
|-------|----------|------------|
| 09:45 | M80-85 | Pentathlon |
| 10:35 | M75 | Pentathlon |
| 12:00 | M70 | Pentathlon |
| 13:15 | M65 gr.1 | Pentathlon |
| 14:20 | M65 gr.2 | Pentathlon |
| 15:20 | M60 gr.1 | Pentathlon |
| 16:30 | M60 gr.2 | Pentathlon |

OUTSIDE THE ARENA

Javelin

| | | |
|-------|------|-------|
| 09:00 | W65 | Final |
| 10:30 | W70 | Final |
| 11:45 | W75 | Final |
| 12:45 | W80+ | Final |

Discus

| | | |
|-------|-----|-------|
| 12:00 | M45 | Final |
| 13:25 | M50 | Final |
| 15:00 | M55 | Final |

Hammer - stadium

| | | |
|-------|------|-------|
| 16:45 | M85+ | Final |
|-------|------|-------|

Weight Throw

| | | |
|-------|--------|-------|
| 09:00 | M35-40 | Final |
|-------|--------|-------|

Hammer

| | | |
|-------|-----|-------|
| 10:45 | M60 | Final |
| 12:10 | M70 | Final |
| 13:40 | M65 | Final |
| 15:30 | M75 | Final |
| 17:00 | M80 | Final |

5 km RW

| | | |
|-------|--------|-------|
| 10:00 | W35-50 | Final |
| 10:40 | W55+ | Final |
| 11:40 | M35-50 | Final |
| 12:15 | M55-65 | Final |
| 13:00 | M70+ | Final |

Day 6, Wednesday, April 1

ARENA TRACK

| | | | |
|-------|--------------|------------|--------|
| 08:15 | 60 m hurdles | Pentathlon | W70+ |
| 08:25 | 60 m hurdles | Pentathlon | W60-65 |
| | | | |
| 08:36 | 60 m hurdles | Heats | M70 |
| 08:47 | 60 m hurdles | Heats | M65 |
| 09:02 | 60 m hurdles | Heats | M60 |
| 09:18 | 60 m hurdles | Heats | M55 |
| 09:33 | 60 m hurdles | Heats | M50 |
| 09:43 | 60 m hurdles | Heats | M45 |
| 09:53 | 60 m hurdles | Heats | M40 |
| 10:03 | 60 m hurdles | Heats | M35 |
| | | | |
| 10:14 | 60 m hurdles | Pentathlon | W55 |
| | | | |
| 10:24 | 200 m | SF | M85 |
| 10:34 | 200 m | SF | M80 |
| | | | |
| 10:44 | 60 m hurdles | Pentathlon | W50 |
| | | | |
| 10:59 | 200 m | SF | M75 |
| 11:14 | 200 m | SF | M70 |
| 11:29 | 200 m | SF | M65 |
| | | | |
| 11:44 | 60 m hurdles | Pentathlon | W40-45 |
| | | | |
| 12:00 | 200 m | SF | M60 |
| 12:15 | 200 m | SF | M55 |
| 12:30 | 200 m | SF | M50 |
| 12:45 | 200 m | SF | M45 |
| 13:00 | 200 m | SF | M40 |
| 13:15 | 200 m | SF | M35 |
| | | | |
| 13:30 | 800 m | Pentathlon | W70+ |
| 13:38 | 800 m | Pentathlon | W60-65 |
| | | | |
| 13:46 | 1500m | Heats | M35 |
| 14:10 | 1500m | Heats | M40 |
| | | | |
| 14:26 | 60 m hurdles | Pentathlon | W35 |
| | | | |
| 14:36 | 800 m | Pentathlon | W55 |
| | | | |
| 14:52 | 1500m | Heats | M45 |
| 15:08 | 1500m | Heats | M50 |
| 15:32 | 1500m | Heats | M55 |
| 15:59 | 1500m | Heats | M60 |
| 16:26 | 1500m | Heats | M65 |
| 16:53 | 1500m | Heats | M70 |
| 17:11 | 1500m | Heats | M75 |
| | | | |
| 17:29 | 800 m | Pentathlon | W50 |
| | | | |
| 17:37 | 1500m | Heats | W45 |
| 17:53 | 1500m | Heats | W50 |
| 18:09 | 1500m | Heats | W55 |
| | | | |
| 18:27 | 800 m | Pentathlon | W40-45 |
| | | | |
| 18:43 | 200 m | Final | W35 |
| 18:48 | 200 m | Final | W40 |
| 18:53 | 200 m | Final | W45 |
| 18:58 | 200 m | Final | W50 |
| 19:03 | 200 m | Final | W55 |
| 19:08 | 200 m | Final | W60 |
| 19:13 | 200 m | Final | W65 |
| 19:18 | 200 m | Final | W70 |
| 19:23 | 200 m | Final | W75 |
| 19:28 | 200 m | Final | W80 |
| 19:33 | 200 m | Final | W85 |
| | | | |
| 19:38 | 800 m | Pentathlon | W35 |
| | | | |

ARENA TRACK

| | | | |
|-------|--------------|-------|------|
| 19:46 | 200 m | Final | M95 |
| 19:51 | 200 m | Final | M90 |
| 19:56 | 200 m | Final | M85 |
| 20:01 | 200 m | Final | M80 |
| 20:06 | 200 m | Final | M75 |
| 20:11 | 200 m | Final | M70 |
| 20:16 | 200 m | Final | M65 |
| 20:21 | 200 m | Final | M60 |
| 20:26 | 200 m | Final | M55 |
| 20:31 | 200 m | Final | M50 |
| 20:36 | 200 m | Final | M45 |
| 20:41 | 200 m | Final | M40 |
| 20:46 | 200 m | Final | M35 |
| | | | |
| 20:51 | 60 m hurdles | Final | M85+ |
| 20:56 | 60 m hurdles | Final | M80 |
| 21:01 | 60 m hurdles | Final | M75 |
| 21:06 | 60 m hurdles | Final | M70 |
| 21:11 | 60 m hurdles | Final | M65 |
| 21:16 | 60 m hurdles | Final | M60 |
| 21:21 | 60 m hurdles | Final | M55 |
| 21:26 | 60 m hurdles | Final | M50 |
| 21:31 | 60 m hurdles | Final | M45 |
| 21:36 | 60 m hurdles | Final | M40 |
| 21:41 | 60 m hurdles | Final | M35 |

ARENA FIELD

| | | |
|-----------|--------|------------|
| Long Jump | | |
| 11:40 | W70+ | Pentathlon |
| 12:35 | W60-65 | Pentathlon |
| 13:30 | W55 | Pentathlon |
| 15:05 | W50 | Pentathlon |
| 16:25 | W40-45 | Pentathlon |
| 18:15 | W35 | Pentathlon |

| | | |
|-------------|-----|-------|
| Triple Jump | | |
| 09:00 | M45 | Final |
| 10:15 | M40 | Final |
| 19:15 | M35 | Final |

| | | |
|-----------|--------|------------|
| High Jump | | |
| | I | |
| 08:50 | W70+ | Pentathlon |
| 10:45 | W55 | Pentathlon |
| 12:30 | W40-45 | Pentathlon |

| | | |
|-----------|--------|------------|
| High Jump | | |
| | II | |
| 09:00 | W60-65 | Pentathlon |
| 11:20 | W50 | Pentathlon |
| 15:00 | W35 | Pentathlon |

| | | |
|------------|-----|-------|
| Pole Vault | | |
| 09:00 | M55 | Final |
| 12:00 | M60 | Final |
| 14:00 | M65 | Final |
| 16:30 | M70 | Final |

| | | |
|----------|--------|------------|
| Shot Put | | |
| 10:30 | W70+ | Pentathlon |
| 11:20 | W60-65 | Pentathlon |
| 12:20 | W55 | Pentathlon |
| 13:40 | W50 | Pentathlon |
| 15:00 | W40-45 | Pentathlon |
| 16:30 | W35 | Pentathlon |

OUTSIDE THE ARENA

| | | |
|--------|------|-------|
| Hammer | | |
| 09:00 | W55 | Final |
| 10:45 | W60 | Final |
| 12:30 | W65 | Final |
| 14:15 | W70 | Final |
| 15:45 | W75 | Final |
| 17:10 | W80+ | Final |

| | | |
|---------|--------|-------|
| Javelin | | |
| 09:00 | W50 | Final |
| 10:20 | W45 | Final |
| 11:40 | W35-40 | Final |

| | | |
|---------------|---------|-------|
| Cross Country | | |
| 09:00 | M/W 70+ | Final |
| 10:00 | W55-65 | Final |
| 10:45 | W35-50 | Final |
| 11:30 | M60-65 | Final |
| 12:15 | M50-55 | Final |
| 13:00 | M35-45 | Final |

Day 7, Thursday, April 2

ARENA TRACK

| | | | |
|-------|------------------|-------|------|
| 09:00 | 4x200 m | Final | M80 |
| 09:10 | 4x200 m | Final | W80 |
| 09:20 | 4x200 m | Final | M75 |
| 09:30 | 4x200 m | Final | W75 |
| 09:40 | 4x200 m | Final | M70 |
| 09:50 | 4x200 m | Final | W70 |
| 10:00 | 4x200 m | Final | M65 |
| 10:10 | 4x200 m | Final | W65 |
| 10:20 | 4x200 m | Final | M60 |
| 10:30 | 4x200 m | Final | W60 |
| 10:40 | 4x200 m | Final | M55 |
| 10:50 | 4x200 m | Final | W55 |
| 11:00 | 4x200 m | Final | M50 |
| 11:10 | 4x200 m | Final | W50 |
| 11:20 | 4x200 m | Final | M45 |
| 11:30 | 4x200 m | Final | W45 |
| 11:40 | 4x200 m | Final | M40 |
| 11:50 | 4x200 m | Final | W40 |
| 12:00 | 4x200 m | Final | M35 |
| 12:10 | 4x200 m | Final | W35 |
| | | | |
| 12:20 | 1500 m | Final | W70+ |
| 12:30 | 1500 m | Final | W65 |
| 12:40 | 1500 m | Final | W60 |
| 12:50 | 1500 m | Final | W55 |
| 13:00 | 1500 m | Final | W50 |
| 13:10 | 1500 m | Final | W45 |
| 13:19 | 1500 m | Final | W40 |
| 13:28 | 1500 m | Final | W35 |
| | | | |
| 13:37 | 1500 m | Final | M80+ |
| 13:47 | 1500 m | Final | M75 |
| 13:57 | 1500 m | Final | M70 |
| 14:07 | 1500 m | Final | M65 |
| 14:16 | 1500 m | Final | M60 |
| 14:25 | 1500 m | Final | M55 |
| 14:34 | 1500 m | Final | M50 |
| 14:42 | 1500 m | Final | M45 |
| 14:50 | 1500 m | Final | M40 |
| 14:58 | 1500 m | Final | M35 |
| | | | |
| 15:10 | Closing Ceremony | | |
| | | | |
| 15:30 | 4x200 MIX | Final | 80 |
| 15:40 | 4x200 MIX | Final | 75 |
| 15:50 | 4x200 MIX | Final | 70 |
| 16:00 | 4x200 MIX | Final | 65 |
| 16:10 | 4x200 MIX | Final | 60 |
| 16:20 | 4x200 MIX | Final | 55 |
| 16:30 | 4x200 MIX | Final | 50 |
| 16:40 | 4x200 MIX | Final | 45 |
| 16:49 | 4x200 MIX | Final | 40 |
| 16:58 | 4x200 MIX | Final | 35 |

ARENA FIELD

Triple Jump

| | | |
|-------|-----|-------|
| 09:00 | M50 | Final |
| 10:30 | M55 | Final |

Pole Vault

| | | |
|-------|------|-------|
| 09:00 | M75 | Final |
| 11:00 | M80+ | Final |