

TIME TABLE EVACS 2010 15-24 JULY 2010**NYÍREGYHÁZA HUNGARY****DAY 1 15 JULY THURSDAY MAIN STADIUM****RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.00	Pentathlon 80 hurdles	W70-75 (5)	Heat 1
08.06	Heptathlon 80 hurdles	W40 (11)	Heat 1
08.12			Heat 2
08.22	Heptathlon 100 hurdles	W35 (7)	Heat 1
08.32	Decathlon 100	M35 (16)	Heat 1
08.37			Heat 2
08.42	Decathlon 100	M40 (19)	Heat 1
08.47			Heat 2
08.52			Heat 3
09.05	Heptathlon 80 hurdles	W45 (13)	Heat 1
09.11			Heat 2
09.17	Heptathlon 80 hurdles	W50 (8)	Heat 1
09.23	Heptathlon 80 hurdles	W55 (8)	Heat 1
09.33	Decathlon 100	M45 (26)	Heat 1
09.38			Heat 2
09.43			Heat 3
09.48			Heat 4
10.00	Heptathlon 80 hurdles	W60 (4)	Heat 1
10.06	Heptathlon 80 hurdles	W65 (7)	Heat 1
10.16	Decathlon 100	M50 (25)	Heat 1
10.21			Heat 2
10.26			Heat 3
10.31			Heat 4
10.40	10000m	W65-75 (10)	Heat 1
11.52	10000m	W55-60(14)	Heat 1
12.55	200m pentathlon	M70 (17)	Heat 1
13.00			Heat 2
13.05			Heat 3
15.00	200m pentathlon	M75+ (14)	Heat 1
15.05			Heat 2
16.30	200m heptathlon	W40	Heat 1
16.35			Heat 2
16.40	200m heptathlon	W35	Heat 1
16.50	1500m pentathlon	M70 (17)	Heat 1
17.00	10000m	W45-50 (18)	Heat 1
18.00	800m pentathlon	W70-75	Heat 1
18.10	400m decathlon	M35	Heat 1
18.16		M35	Heat 2
18.22	400m decathlon	M40	Heat 1
18.28		M40	Heat 2
18.34		M40	Heat 3
18.40	1500m pentathlon	M75+ (14)	Heat 1
18.50	200m heptathlon	W45	Heat 1
18.55		W45	Heat 2
19.05	10000m	W35-40 (16)	Heat 1
20.00	200m heptathlon	W50	Heat 1
20.05	200m heptathlon	W55	Heat 1
20.10	200m heptathlon	W60	Heat 1

20.15	200m heptathlon	W65	Heat 1
20.25	400m decathlon	M45	Heat 1
20.31		M45	Heat 2
20.37		M45	Heat 3
20.43		M45	Heat 4
20.49	400m decathlon	M50	Heat 1
20.55		M50	Heat 2
21.01		M50	Heat 3
21.07		M50	Heat 4
21.15	10000m	M35 (14)	Heat 1

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	Long Jump Pentathlon	M70 (17)	LJ A I
08.00	Long Jump Pentathlon	M75+ (14)	LJ B I
09.10	High Jump Pentathlon	W70-75 (5)	HJ A I
09.20	High Jump Heptathlon	W35-40 (18)	HJ B I
09.20	Javelin Throw Pentathlon	M70 (17)	JT A I
09.40	Long Jump Decathlon	M35 (16)	LJ A I
09.50	Long Jump Decathlon	M40 (19)	LJ B I
10.10	High Jump Heptathlon	W45 (13)	HJ A I
10.10	Shot Put Pentathlon	W70-75 (5)	SP I
10.30	Javelin Throw Pentathlon	M75+ (14)	JT A I
10.40	Long Jump Decathlon	M45 (13)	LJ A I
10.50	Long Jump Decathlon	M45 (13)	LJ B I
11.10	High Jump Heptathlon	W50-55 (16)	HJ B I
11.10	Shot Put Pentathlon	W35-40 (18)	SP 1
11.10	Shot Put Decathlon	M35 (16)	SP I
11.40	Long Jump Decathlon	M50 (12)	LJ A I
11.50	Long Jump Decathlon	M50 (13)	LJ B I
12.00	High Jump Heptathlon	W60-65 (11)	HJ A I
12.00	Shot Put Heptathlon	W45 (13)	SP 1
12.10	Shot Put Decathlon	M40 (19)	SP I
15.00	Shot Put Decathlon	M45 (13)	SP I
15.00	Shot Put Decathlon	M45 (13)	SP 1
15.00	Long Jump Pentathlon	W70-75 (5)	LJ A I
15.00	High Jump Decathlon	M35 (16)	HJ A I
15.00	High Jump Decathlon	M40 (19)	HJ B I
15.00	Discus Throw Pentathlon	M70 (17)	DT/HT I
16.00	Shot Put Heptathlon	W50-55 (16)	SP I
16.00	Shot Put Heptathlon	W60-65 (11)	SP 1
16.30	High Jump Decathlon	M45 (13)	HJ A I
16.30	High Jump Decathlon	M45 (13)	HJ B I
16.30	Discus Throw Pentathlon	M75+ (14)	DT/HT I
17.00	Shot Put Decathlon	M50 (13)	SP I
17.00	Shot Put Decathlon	M50 (12)	SP 1
18.15	High Jump Decathlon	M50 (13)	HJ A I
18.15	High Jump Decathlon	M50 (12)	HJ B I

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DAY 1 15 JULY THURSDAY SECOND STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.00	Decathlon 100m	M55 (19)	Heat 1
08.04			Heat 2
08.08			Heat 3
08.12			Heat 4
08.20	10000m	M40 (21)	Heat 1
09.10	Decathlon 100m	M60 (23)	Heat 1
09.14			Heat 2
09.18			Heat 3
09.22			Heat 4
09.30	10000m	M45 (19)	Heat 1
10.20	Decathlon 100m	M65 (16)	Heat 1
10.24			Heat 2
10.28			Heat 3
10.40	10000m	M50 (27)	Heat 1
11.40	10000m	M60 (29)	Heat 1
15.00	10000m	M55 (34)	Heat 1
16.00			Heat 2
17.00	10000m	M65 (23)	Heat 1
18.00	400m decathlon	M55 (19)	Heat 1
18.06			Heat 2
18.12			Heat 3
18.18			Heat 4
18.30	10000m	M70 (16)	Heat 1
19.30	400m decathlon	M60 (23)	Heat 1
19.36			Heat 2
19.42			Heat 3
19.48			Heat 4
20.00	10000m	M75+ (17)	Heat 1
21.20	400m decathlon	M 65	Heat 1
21.26			Heat 2
21.32			Heat 3

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
09.20	Long Jump Decathlon	M55 (19)	LJ II
10.30	Long Jump Decathlon	M60 (23)	LJ II
10.50	Shot Put Decathlon	M55 (10)	SP II
10.50	Shot Put Decathlon	M55 (9)	SP 2
11.40	Long Jump Decathlon	M65 (16)	LJ II
12.00	Shot Put Decathlon	M60 (12)	SP II
12.00	Shot Put Decathlon	M60 (11)	SP 2
15.00	Shot Put Decathlon	M65 (8)	SP II
15.00	Shot Put Decathlon	M65 (8)	SP 2
15.00	High Jump Decathlon	M55 (19)	HJ II
16.50	High Jump Decathlon	M60 (23)	HJ II
18.40	High Jump Decathlon	M65 (16)	HJ II

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DAY 2 16 JULY FRIDAY MAIN STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.00	Decathlon 110 hurdles	M35 (16)	Heat 1
08.06			Heat 2
08.20	100m heats	M40 (40)	Heat 1
08.24			Heat 2
08.28			Heat 3
08.32			Heat 4
08.36			Heat 5
08.50	Decathlon 110 hurdles	M40 (19)	Heat 1
08.56			Heat 2
09.02			Heat 3
09.15	100m heats	M45 (39)	Heat 1
09.19			Heat 2
09.23			Heat 3
09.27			Heat 4
09.31			Heat 5
09.45	Decathlon 110 hurdles	M45 (26)	Heat 1
09.51			Heat 2
09.57			Heat 3
10.03			Heat 4
10.20	100m heats	M50 (42)	Heat 1
10.24			Heat 2
10.28			Heat 3
10.32			Heat 4
10.36			Heat 5
10.40			Heat 6
10.54	Decathlon 100 hurdles	M50 (25)	Heat 1
11.02			Heat 2
11.08			Heat 3
11.14			Heat 4
11.30	100m heats	M55 (30)	Heat 1
11.34			Heat 2
11.38			Heat 3
11.42			Heat 4
11.46	100m heats	M65 (30)	Heat 1
11.50			Heat 2
11.54			Heat 3
11.58			Heat 4
17.00	Heptathlon 800	W35 (7)	Heat 1
17.07	Heptathlon 800	W40 (11)	Heat 1
17.14	Heptathlon 800	W45 (13)	Heat 1
17.21	Heptathlon 800	W50 (8)	Heat 1
17.28	Heptathlon 800	W55 (8)	Heat 1
17.35	Heptathlon 800	W60-65 (11)	Heat 1
17.50	Decathlon 1500m	M35 (16)	Heat 1
17.59	Decathlon 1500m	M40 (19)	Heat 1
18.08			Heat 2
19.00	Decathlon 1500m	M45 (26)	Heat 1
19.10			Heat 2
21.00	Decathlon 1500m	M50 (25)	Heat 1
21.10			Heat 2

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	Heptathlon Long Jump	W35-40 (18)	LJ A I
08.00	Weight Throw	M80+ (14)	HT/WT 1
09.00	Heptathlon Long Jump	W45 (13)	LJ B I
09.00	Decathlon Discus Throw	M35 (16)	DT/HT I
09.15	Heptathlon Javelin	W35-40 (18)	JT A I
09.30	Weight Throw	M75 (10)	HT/WT 1
10.00	Heptathlon Long Jump	W50-55 (16)	LJ A I
10.10	Decathlon Discus Throw	M40 (19)	DT/HT I
10.10	Decathlon Pole Vault	M35 (16)	PV A I
10.15	Heptathlon Javelin	W45 (13)	JT A I
10.40	Weight Throw	M70 (15)	HT/WT 1
11.00	Heptathlon Long Jump	W60-65 (11)	LJ B I
11.15	Heptathlon Javelin	W50-55 (16)	JT A I
11.20	Decathlon Discus Throw	M45 (26)	DT/HT I
12.00	Decathlon Pole Vault	M40 (19)	PV A I
12.10	Weight Throw	M65 (14)	HT/WT 1
12.15	Heptathlon Javelin	W60-65 (11)	JT A I
12.30	Decathlon Discus Throw	M50 (25)	DT/HT I
15.00	Decathlon Pole Vault	M45 (26)	PV A I
15.00	Decathlon Javelin Throw	M35 (16)	JT B I
15.00	Weight Throw	M60 (21)	HT/WT 1
16.00	Decathlon Javelin Throw	M40 (19)	JT B I
16.50	Weight Throw	M55 (11)	HT/WT 1
17.00	Decathlon Pole Vault	M50 (25)	PV A I
17.30	Decathlon Javelin Throw	M45 (26)	JT B I
17.50	Weight Throw	M50 (14)	HT/WT 1
19.10	Weight Throw	M45 (11)	HT/WT 1
19.30	Decathlon Javelin Throw	M50 (25)	JT B I
20.10	Weight Throw	M35-40 (13)	HT/WT 1

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DAY 2 16 JULY FRIDAY SECOND STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.00	Decathlon 100m hurdles	M55 (19)	Heat 1
08.06			Heat 2
08.12			Heat 3
08.18			Heat 4
08.30	Track Walk 5000m	M70+ (43)	Heat 1
09.30	Decathlon 100m hurdles	M60 (23)	Heat 1
09.36			Heat 2
09.42			Heat 3
09.48			Heat 4
10.00	Track Walk 5000m	W65+ (27)	Heat 1
11.00	Decathlon 100m hurdles	M65 (16)	Heat 1

11.06			Heat 2
11.12			Heat 3
11.25	Track Walk 5000m	M65 (23)	Heat 1
12.10	Track Walk 5000m	M60 (30)	Heat 1
15.00	Track Walk 5000m	M55 (25)	Heat 1
16.30	Decathlon 1500m	M55 (19)	Heat 1
16.40			Heat 2
17.05	Track Walk 5000m	W55-60 (32)	Heat 1
18.00	Track Walk 5000m	W45-50 (38)	Heat 1
18.45	Track Walk 5000m	W35-40 (17)	Heat 1
19.30	Decathlon 1500m	M60 (23)	Heat 1
19.40			Heat 2
19.30	Track Walk 5000m	M45-50 (31)	Heat 1
20.10	Track Walk 5000m	M35-40 (23)	Heat 1
21.00	Decathlon 1500m	M65(16)	Heat 1

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	Javelin Throw	W35-40 (15)	JT II
08.00	Javelin Throw	W45 (14)	JT 2
08.00	Weight Throw	W60 (12)	WT 2
09.20	Discus Throw Decathlon	M55 (19)	DT/HT II
09.50	Weight Throw	W65 (10)	WT 2
10.00	Javelin Throw	W70+ (18)	JT 2
10.40	Discus Throw Decathlon	M60 (23)	DT/HT II
10.50	Pole Vault Decathlon	M55 (19)	PV II
11.00	Weight Throw	W50 (16)	WT 2
12.00	Javelin Throw	W55 (17)	JT II
12.20	Discus Throw Decathlon	M65 (16)	DT/HT 2
15.00	Javelin Throw	W60 (12)	JT II
15.00	Weight Throw	W35-45 (18)	WT 2
15.00	Pole Vault Decathlon	M60 (23)	PV II
15.00	Javelin Throw Decathlon	M55 (19)	JT II
16.20	Javelin Throw	W65 (6)	JT 2
16.20	Weight Throw	W75+ (10)	WT 2
17.20	Weight Throw	W70 (7)	WT 2
17.30	Javelin Throw Decathlon	M60 (23)	JT II
17.30	Pole Vault Decathlon	M65 (16)	PV II
17.30	Javelin Throw	W50 (7)	JT 2
18.20	Weight Throw	W55 (7)	WT 2
19.00	Javelin Throw	W35(7)	JT 2
19.30	Javelin Throw Decathlon	M65 (16)	JT II

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DAY 3 17 JULY SATURDAY MAIN STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.00	300 HURDLES HEATS	M60 (26)	HEAT 1
08.08			HEAT 2
08.16			HEAT 3
08.24			HEAT 4
08.30	100M SEMI FINALS	M80 (14)	SF 1
08.35			SF 2
08.40	100M SEMI FINALS	W75 (9)	SF 1
08.45			SF 2
08.50	100M SEMI FINALS	M75 (20)	SF 1
08.55			SF 2
09.00			SF 3
09.05	100M SEMI FINALS	W70 (11)	SF 1
09.10			SF 2
09.15	100M SEMI FINALS	M70 (24)	SF 1
09.20			SF 2
09.25			SF 3
09.30	100M SEMI FINALS	W65 (11)	SF 1
09.35			SF 2
09.40	100M SEMI FINALS	M65 (16)	SF 1
09.45			SF 2
09.50	100M SEMI FINALS	W60 (14)	SF 1
09.55			SF 2
10.00	100M SEMI FINALS	M60 (23)	SF 1
10.05			SF 2
10.10			SF 3
10.15	100M SEMI FINALS	W55 (18)	SF 1
10.20			SF 2
10.25			SF 3
10.30	100M SEMI FINALS	M55 (16)	SF 1
10.35			SF 2
10.40	100M SEMI FINALS	W50 (21)	SF 1
10.45			SF 2
10.50			SF 3
10.55	100M SEMI FINALS	M50 (16)	SF 1
11.00			SF 2
11.05	100M SEMI FINALS	W45 (16)	SF 1
11.10			SF 2
11.15	100M SEMI FINALS	M45 (16)	SF 1
11.20			SF 2
11.25	100M SEMI FINALS	W40 (22)	SF 1
11.30			SF 2
11.35			SF 3
11.40	100M SEMI FINALS	M40 (16)	SF 1
11.45			SF 2
11.50	100M SEMI FINALS	W35 (9)	SF 1
11.55			SF 2
12.00	100M SEMI FINALS	M35 (23)	SF 1
12.05			SF 2
12.10			SF 3
12.20	300 HURDLES SEMI FINALS	M70 (13)	SF 1

12.28			SF 2
12.36	300 HURDLES SEMI FINALS	M65 (16)	SF 1
12.44			SF 2
15.20	400 HURDLES SEMI FINALS	M55 (14)	SF 1
15.28			SF 2
15.36	400 HURDLES SEMI FINALS	M50 (16)	SF 1
15.44			SF 2
15.54	400 HURDLES SEMI FINALS	M45 (11)	SF 1
16.04			SF 2
16.12	400 HURDLES SEMI FINALS	M40 (10)	SF 1
16.20			SF 2
16.28	400 HURDLES SEMI FINALS	M35 (13)	SF 1
16.36			SF 2
16.50	300 HURDLES SEMI FINALS	M60 (16)	SF 1
16.56			SF 2
17.05	100 FINALS	M85-90 (8)	Final
17.11		W80 (3)	Final
17.17		M80	Final
17.23		W75	Final
17.29		M75	Final
17.35		W70	Final
17.41		M70	Final
17.47		W65	Final
17.53		M65	Final
17.59		W60	Final
18.05		M60	Final
18.11		W55	Final
18.17		M55	Final
18.23		W50	Final
18.29		M50	Final
18.35		W45	Final
18.41		M45	Final
18.47		W40	Final
18.53		M40	Final
18.59		W35	Final
19.05		M35	Final
19.11		W30	Final
19.17		M30	Final

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	DISCUS THROW	M75 (17)	DT/HT I
08.30	SHOT PUT	W80+ (7)	SP I
08.30	SHOT PUT	W75 (7)	SP 1
09.45	DISCUS THROW	M70 (11)	DT/HT I
09.45	SHOT PUT	W70 (9)	SP 1
09.45	SHOT PUT	W65 (14)	SP I
10.50	DISCUS THROW	M70 (11)	DT/HT I
11.10	SHOT PUT	W60 (17)	SP 1
11.25	SHOT PUT	W55 (17)	SP I
11.45	DISCUS THROW	M70 (8)	DT/HT I
15.00	DISCUS THROW	M40 (12)	DT/HT I
15.00	SHOT PUT	W50 (19)	SP I
15.00	SHOT PUT	W45 (13)	SP 1

16.10	DISCUS THROW	M40 (13)	DT/HT I
16.35	SHOT PUT	W35 (6)	SP 1
16.55	SHOT PUT	W40 (8)	SP I
17.05	DISCUS THROW	M40 (8)	DT/HT I
18.00	DISCUS THROW	M35 (10)	DT/HT I

DAY 3 17 JULY SATURDAY SECOND STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
16.00	1500M SEMI FINALS	M65 (10)	SF 1
16.10		M65 (11)	SF 2
16.20		M60 (11)	SF 1
16.30		M60 (11)	SF 2
16.40		M60 (12)	SF 3
16.50		M55 (15)	SF 1
17.00		M55 (15)	SF 2
17.10		M50 (12)	SF 1
17.20		M50 (12)	SF 2
17.30		M50 (13)	SF 3
17.40		M45 (14)	SF 1
17.50		M45 (15)	SF 2
18.00		M40 (13)	SF 1
18.10		M40 (13)	SF 2
18.20		M35 (8)	SF 1
18.30		M35 (9)	SF 2

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	DISCUS THROW	M85+ (13)	DT/HT 2
08.00		M80 (12)	DT/HT II
09.30		M60 (18)	DT/HT II
09.45		M65 (15)	DT/HT 2
10.55		M60 (18)	DT/HT II
11.00		M65 (15)	DT/HT 2
12.05		M65 (8)	DT/HT 2
12.10		M60 (8)	DT/HT II
15.00		M55 (19)	DT/HT II
15.00		M50 (12)	DT/HT 2
16.30		M50 (12)	DT/HT 2
16.55		M45 (16)	DT/HT II
17.50		M50 (8)	DT/HT 2

DAY 4 18 JULY SUNDAY MAIN STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
15.00	200 HURDLES (0.686) FINALS	M80 (4)	FINAL
15.08		W70-75 (1+2)	FINAL
15.25	300 HURDLES (0.686) FINALS	W60-65 (2+6)	FINAL
15.33	300 HURDLES (0.762) FINALS	M75 (5)	FINAL
15.41		M70	FINAL
15.49		M65	FINAL
15.57		W55	FINAL
16.05		W50	FINAL
16.20	400 HURDLES (0.762) FINALS	W35 (3)	FINAL
16.28		W45	FINAL
16.36		W40	FINAL
16.50	400 HURDLES (0.840) FINALS	M55	FINAL
16.58		M50	FINAL
17.15	400 HURDLES (0.914) FINALS	M45	FINAL
17.23		M40	FINAL
17.31		M35	FINAL
17.50	300 HURDLES (0.762) FINAL	M60	FINAL

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	LONG JUMP	M60 (16)	LJ A I
08.00	LONG JUMP	M65 (19)	LJ B I
08.00	SHOT PUT	M85+ (14)	SP 1
08.00	SHOT PUT	M80 (12)	SP I
09.00	HAMMER THROW	W60 (15)	DT/HT I
09.00	HIGH JUMP	W70+ (10)	HJ B I
09.00	HIGH JUMP	W65 (8)	HJ A I
09.30	SHOT PUT	M65 (12)	SP I
09.35	SHOT PUT	M60 (13)	SP 1
09.45	LONG JUMP	M70 (12)	LJ A I
09.50	LONG JUMP	M75 (13)	LJ B I
10.30	HIGH JUMP	W60 (11)	HJ B I
10.30	HIGH JUMP	W55 (7)	HJ A I
10.40	SHOT PUT	M65 (12)	SP I
10.45	SHOT PUT	M60 (14)	SP 1
10.50	HAMMER THROW	W55 (8)	DT/HT I
10.55	LONG JUMP	M70 (12)	LJ A I
11.25	LONG JUMP	M80+ (12)	LJ B I
11.40	SHOT PUT	M65 FINAL	SP I
11.50	SHOT PUT	M60 FINAL	SP 1
11.55	LONG JUMP	M70 FINAL	LJ A I
12.00	HIGH JUMP	W50 (11)	HJ A I
15.00	LONG JUMP	M55 (11)	LJ A I
15.00	LONG JUMP	M50 (11)	LJ B I
15.00	HIGH JUMP	W45 (8)	HJ AI
15.00	SHOT PUT	M55 (10)	SP 1
15.00	SHOT PUT	M40 (10)	SP I
15.00	HAMMER THROW	W 70 (9)	DT/HT I
16.00	SHOT PUT	M55 (11)	SP 1
16.00	SHOT PUT	M40 (11)	SP I

16.05	LONG JUMP	M55 (11)	LJ A I
16.05	LONG JUMP	M50 (11)	LJ B I
16.25	HAMMER THROW	W75+ (11)	DT/HT I
16.30	HIGH JUMP	W40 (11)	HJ A I
16.55	SHOT PUT	M55 FINAL	SP 1
16.55	SHOT PUT	M40 FINAL	SP I
17.00	LONG JUMP	M55	LJ A I
17.00	LONG JUMP	M50	LJ B I
17.50	SHOT PUT	M75 (11)	SP 1
17.50	SHOT PUT	M70 (13)	SP I
17.55	LONG JUMP	M45 (17)	LJ A I
17.55	LONG JUMP	M40 (13)	LJ B I
18.00	HIGH JUMP	W35 (6)	HJ A I
18.05	HAMMER THROW	W65 (14)	DT/HT I
18.05	LONG JUMP	M40 (13)	LJ B I
19.05	LONG JUMP	M40	LJ B I
19.20	SHOT PUT	M45 (14)	SP I
19.25	SHOT PUT	M50 (15)	SP 1
19.40	LONG JUMP	M35 (20)	LJ A I
21.00	SHOT PUT	M35 (10)	SP I

DAY 4 18 JULY SUNDAY SECOND STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
16.00	3000 M STEEPLE CHASE FINALS	M55 (12)	FINAL
16.17		M50 (9)	FINAL
16.34		M45 (12)	FINAL
16.51		M40 (8)	FINAL
17.08		M35 (10)	FINAL
17.30	2000M STEEPLE CHASE FINALS	W55+ (9)	FINAL
17.50		M75+ (6)	FINAL
18.07		M70 (12)	FINAL
18.24		M65 (7)	FINAL
18.39		M60 (16)	FINAL
18.54		W45-50 (9)	FINAL
19.09		W35-40 (13)	FINAL

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
09.00	HAMMER THROW	W50 (19)	DT/HT II
10.55	HAMMER THROW	W45 (8)	DT/HT II
15.00	HAMMER THROW	W40 (8)	DT/HT II
17.00	HAMMER THROW	W35 (10)	DT/HT II

DAY 4 18 JULY SUNDAY CITY

ROAD WALK EVENTS

Time	Event	Age group (Athlets)	Type
07.30	20 KM ROAD WALK	M65+ (62)	FINAL
10.45	10 KM ROAD WALK	W55+ (58)	FINAL
14.00	20 KM ROAD WALK	M55-60 (57)	FINAL
16.30	10 KM ROAD WALK	W35-50 (47)	FINAL
17.50	20 KM ROAD WALK	M35-50 (56)	FINAL

DAY 5 19 JULY MONDAY MAIN STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
08.00	400M HEATS	M60 (33)	HEAT 1
08.06			HEAT 2
08.12			HEAT 3
08.18			HEAT 4
08.24			HEAT 5
08.30		M55 (32)	HEAT 1
08.36			HEAT 2
08.42			HEAT 3
08.48			HEAT 4
08.54		M50 (43)	HEAT 1
09.00			HEAT 2
09.06			HEAT 3
09.12			HEAT 4
09.18			HEAT 5
09.24			HEAT 6
09.30		M45 (43)	HEAT 1
09.36			HEAT 2
09.42			HEAT 3
09.48			HEAT 4
09.54			HEAT 5
10.00			HEAT 6
10.06		M40 (40)	HEAT 1
10.12			HEAT 2
10.18			HEAT 3
10.24			HEAT 4
10.30			HEAT 5
10.36		M35 (25)	HEAT 1
10.42			HEAT 2
10.48			HEAT 3
10.54			HEAT 4
11.00	400M SEMI FINALS	W65 (12)	SF 1
11.06			SF 2
11.12		W60 (10)	SF 1
11.18			SF 2
11.24		W55 (14)	SF 1
11.30			SF 2
11.36		W50 (22)	SF 1
11.42			SF 2
11.48			SF 3
11.54		W45 (17)	SF 1
12.00			SF 2
12.06			SF 3
12.12		W40 (18)	SF 1
12.18			SF 2
12.24			SF 3
12.30		W35 (14)	SF 1
12.36			SF 2
12.42			SF 3
15.00	1500M FINALS	W35 (12)	FINAL

15.08	1500M FINALS	W40 (17)	FINAL
15.16		W45 (14)	FINAL
15.24		W50 (12)	FINAL
15.32		W55 (14)	FINAL
15.42		W60 (19)	FINAL
15.52		W65 (11)	FINAL
16.04		W70+ (12)	FINAL
16.19		M80+ (13)	FINAL
16.29		M75 (12)	FINAL
16.39		M70 (16)	FINAL
16.49		M65 (16)	FINAL
16.58		M60 (16)	FINAL
17.07		M55 (16)	FINAL
17.16		M50 (16)	FINAL
17.24		M45 (16)	FINAL
17.31		M40 (16)	FINAL
17.38		M35 (16)	FINAL
17.45		M30 (2)	FINAL
17.50	400M SEMI FINALS	M80 (12)	SF 1
17.56			SF 2
18.02		M75 (12)	SF 1
18.08			SF 2
18.14		M70 (20)	SF 1
18.20			SF 2
18.26			SF 3
18.32		M65 (20)	SF 1
18.38			SF 2
18.43			SF 3
18.48		M60 (16)	SF 1
18.53			SF 2
18.58		M55 (16)	SF 1
19.03			SF 2
19.08		M50 (16)	SF 1
19.13			SF 2
19.18		M45 (16)	SF 1
19.23			SF 2
19.28		M40 (16)	SF 1
19.33			SF 2
19.38		M35 (16)	SF 1
19.43			SF 2

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	LONG JUMP	W70-75-80 (10)	LJ A I
08.00	LONG JUMP	W65 (9)	LJ B I
08.00	HIGH JUMP	M80-85 (12)	HJ A I
08.00	HIGH JUMP	M75 (5)	HJ B I
09.20	HIGH JUMP	M70 (12)	HJ B I
09.25	LONG JUMP	W60 (10)	LJ B I
09.30	LONG JUMP	W55 (14)	LJ A I
09.40	HIGH JUMP	M65 (21)	HJ A I
10.00	HAMMER THROW	M45 (17)	DT/HT I
10.55	LONG JUMP	W50 (13)	LJ B I
11.00	HIGH JUMP	M55 (18)	HJ B I
11.10	LONG JUMP	W30 (5)	LJ A I

11.40	HIGH JUMP	M60 (13)	HJ A I
15.00	LONG JUMP	W45 (18)	LJ A I
15.00	HIGH JUMP	M50 (19)	HJ B I
15.00	HIGH JUMP	M45 (16)	HJ A I
15.00	HAMMER THROW	M40 (12)	DT/HT I
16.50	LONG JUMP	W40 (20)	LJ A I
17.00	HIGH JUMP	M40 (15)	HJ B I
17.00	HIGH JUMP	M35 (14)	HJ A I
17.00	HAMMER THROW	M35 (5)	DT/HT I
18.15	LONG JUMP	W35 (12)	LJ A I

DAY 5 19 JULY MONDAY SECOND STADIUM

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
09.00	HAMMER THROW	M85-90 (10)	DT/HT II
09.00	HAMMER THROW	M80 (8)	DT/HT 2
10.20	HAMMER THROW	M75 (9)	DT/HT 2
10.30	HAMMER THROW	M70 (13)	DT/HT II
15.00	HAMMER THROW	M65 (19)	DT/HT II
15.00	HAMMER THROW	M60 (20)	DT/HT 2
17.00	HAMMER THROW	M55 (11)	DT/HT 2
17.00	HAMMER THROW	M50 (11)	DT/HT II
18.05	HAMMER THROW	M50 (11)	DT/HT II
19.00	HAMMER THROW	M50 (8)	DT/HT II

DAY 6 20 JULY TUESDAY MAIN STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
15.00	400M FINALS	M85-90 (2+5)	Final
15.06		M80 (8)	Final
15.12		W75 (4)	Final
15.18		M75 (8)	Final
15.23		W70 (7)	Final
15.29		M70 (8)	Final
15.34		W65 (8)	Final
15.39		M65 (8)	Final
15.44		W60 (8)	Final
15.49		M60 (8)	Final
15.54		W55 (8)	Final
15.59		M55 (8)	Final
16.04		W50 (8)	Final
16.09		M50 (8)	Final
16.14		W45 (8)	Final
16.19		M45 (8)	Final
16.24		W40 (8)	Final
16.29		M40 (8)	Final
16.34		W35 (8)	Final
16.39		M35 (8)	Final
16.50	5000M	W55 (13)	Final
17.25		W50 (11)	Final
17.55		W50 (11)	Final
18.25		W45(10)	Final
18.50		W40 (14)	Final
19.15		W35 (5)	Final

DAY 7 21 JULY WEDNESDAY MAIN STADIUM**RUNNING EVENTS**

Time	Event	Age group (Athlets)	Type
08.30	100 HURDLES HEATS	M50 (25)	HEAT 1
08.36			HEAT 2
08.42			HEAT 3
08.48			HEAT 4
09.00	200M HEATS	M55 (29)	HEAT 1
09.05			HEAT 2
09.10			HEAT 3
09.15			HEAT 4
09.20		M50 (46)	HEAT 1
09.25			HEAT 2
09.30			HEAT 3
09.35			HEAT 4
09.40			HEAT 5
09.45			HEAT 6
09.50		M45 (52)	HEAT 1
09.55			HEAT 2
10.00			HEAT 3
10.05			HEAT 4
10.10			HEAT 5
10.15			HEAT 6
10.20			HEAT 7
10.25		M40 (48)	HEAT 1
10.30			HEAT 2
10.35			HEAT 3
10.40			HEAT 4
10.45			HEAT 5
10.50			HEAT 6
10.55		M35 (32)	HEAT 1
11.00			HEAT 2
11.05			HEAT 3
11.10			HEAT 4
11.25	800M HEATS	M50 (41)	HEAT 1 (10)
11.32			HEAT 2 (10)
11.39			HEAT 3 (10)
11.46			HEAT 4 (11)
11.53	800M SEMI FINALS	W60 (17)	SF 1 (8)
12.00			SF 2 (9)
12.07		W55 (15)	SF 1 (7)
12.14			SF 2 (8)
12.21		W50 (13)	SF 1 (6)
12.28			SF 2 (7)
12.35		W45 (20)	SF 1 (10)
12.42			SF 2 (10)
12.49		W40 (16)	SF 1 (8)
12.56			SF 2 (8)
15.00	80 HURDLES SEMI FINALS	W50 (11)	SF 1 (5)
15.06			SF 2 (6)
15.20	80 HURDLES SEMI FINALS	W40 (16)	SF 1

15.26			SF 2
15.32	80 HURDLES SEMI FINALS	M70 (21)	SF 1 (7)
15.38			SF 2 (7)
15.44			SF 3 (7)
16.00	100 HURDLES SEMI FINALS	M65 (14)	SF 1
16.06			SF 2
16.12		M60 (16)	SF 1
16.18			SF 2
16.35	100 HURDLES SEMI FINALS	M50 (16)	SF 1
16.41			SF 2
17.00	110 HURDLES SEMI FINALS	M45 (12)	SF 1
17.06			SF 2

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
09.00	POLE VAULT	M65 (16)	PV A I
09.00	DISCUS THROW	W55 (13)	DT/HT I
10.45	DISCUS THROW	W50 (13)	DT/HT I
15.00	DISCUS THROW	W45 (12)	DT/HT I
15.00	POLE VAULT	M60 (20)	PV A I
16.30	DISCUS THROW	W40 (13)	DT/HT I
18.05	DISCUS THROW	W35 (5)	DT/HT I

DAY 7 21 JULY WEDNESDAY SECOND STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
08.00	5000M FINALS	M80-M85 (8+3)	FINAL
08.40		M75 (12)	FINAL
09.11		W70-75 (3+12)	FINAL
09.57		M70 (18)	FINAL
10.28		W60-65 (26)	FINAL
11.03		M65 (15)	FINAL 1
11.38		M65 (15)	FINAL 2
12.03		M60 (21)	FINAL 1
12.30		M60 (21)	FINAL 2
15.00		M55 (17)	FINAL 1
15.30		M55 (17)	FINAL 2
16.00		M50 (17)	FINAL 1
16.30		M50 (17)	FINAL 2
16.55		M45 (14)	FINAL 1
17.25		M45 (15)	FINAL 2
17.50		M40 (20)	
18.20		M35 (11)	FINAL 1
18.45		M35 (12)	FINAL 2

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	JAVELIN THROW	M80-85-90 (6+6+4=16)	JT II
08.00	JAVELIN THROW	M75 (9)	JT 2
09.00	POLE VAULT	W50-55-60-65-70-80 (12)	PV II
09.00	DISCUS THROW	W60 (19)	DT/HT 2
09.25	JAVELIN THROW	M70 (15)	JT 2

10.10	JAVELIN THROW	M65 (17)	JT II
10.55	DISCUS THROW	W65 (12)	DT/HT 2
11.00	POLE VAULT	W35-40-45 (13)	PV II
11.05	JAVELIN THROW	M60 (20)	JT II
11.05	JAVELIN THROW	M55 (11)	JT II
12.10	JAVELIN THROW	M55 (11)	JT II
13.05	JAVELIN THROW	M55 (8)	JT II
15.00	POLE VAULT	M70-75-80-85 (17)	PV II
15.00	DISCUS THROW	W70 (7)	DT/HT 2
15.00	JAVELIN THROW	M50 (12)	JT II
16.10	JAVELIN THROW	M50 (13)	JT II
16.15	DISCUS THROW	W75 (7)	DT/HT 2
17.05	JAVELIN THROW	M50 (8)	JT II
17.30	DISCUS THROW	W80-85-95 (4+2+1=7)	DT/HT 2
18.00	JAVELIN THROW	M45 (13)	JT II

DAY 8 22 JULY THURSDAY MAIN STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
08.10	80 HURDLES SEMI FINALS	W60 (9)	SF 1 (4)
08.16			SF 2 (5)
08.30	200M HEATS	M60 (30)	HEAT 1
08.35			HEAT 2
08.40			HEAT 3
08.45			HEAT 4
08.50	200M SEMI FINALS	M80 (13)	SF 1
08.55			SF 2
09.00		M75 (21)	SF 1
09.05			SF 2
09.10			SF 3
09.15		M70 (17)	SF 1
09.20			SF 2
09.25		W65 (13)	SF 1
09.30			SF 2
09.35		M65 (23)	SF1
09.40			SF 2
09.45			SF 3
09.50		W60 (12)	SF 1
09.55			SF 2
10.00		W55 (18)	SF 1
10.05			SF 2
10.10			SF 3
10.15		M55 (16)	SF 1
10.20			SF 2
10.25		W50 (22)	SF 1
10.30			SF 2
10.35			SF 3
10.40		M50 (24)	SF 1
10.45			SF 2
10.50			SF 3
10.55		W45 (19)	SF 1
11.00			SF 2

11.05			SF 3
11.10		M45 (24)	SF 1
11.15			SF 2
11.20			SF 3
11.25		W40 (17)	SF 1
11.30			SF 2
11.35			SF 3
11.40		M40 (16)	SF 1
11.45			SF 2
11.50		W35 (14)	SF 1
11.55			SF 2
12.00		M35 (16)	SF 1
12.05			SF 2
12.10	800 SEMI FINALS	M75 (14)	SF 1 (7)
12.17			SF 2 (7)
12.24		M70 (21)	SF 1 (10)
12.31			SF 2 (11)
12.38		M65 (19)	SF 1 (9)
12.45			SF 2 (10)
12.52		M60 (31)	SF 1 (10)
12.59			SF 2 (10)
13.06			SF 3 (11)
15.00	800M SEMIFINALS	M55 (30)	SF 1 (10)
15.07			SF 2 (10)
15.14			SF 3 (10)
15.21		M50 (24)	SF 1 (12)
15.28			SF 2 (12)
15.35		M45 (30)	SF 1 (10)
15.42			SF 2 (10)
15.49			SF 3 (10)
15.56		M40 (24)	SF 1 (12)
16.03			SF 2 (12)
16.10		M35 (19)	SF 1 (9)
16.17			SF 2 (10)
16.30	110 HURDLES FINAL	M35 (5)	FINAL
16.36		M40 (5)	FINAL
16.42		M45 (8)	FINAL
16.55	100 HURDLES FINALS	W35 (4)	FINAL
17.01		M50 (8)	FINAL
17.07		M55 (7)	FINAL
17.20		M60 (8)	FINAL
17.26		M65 (8)	FINAL
17.40	80 HURDLES FINALS	W40 (8)	FINAL
17.46		W45 (7)	FINAL
18.00		W50 (8)	FINAL
18.06		W55 (8)	FINAL
18.12		M70 (8)	FINAL
18.18		M75 (8)	FINAL
18.31		W60 (8)	FINAL
18.37		W65 (6)	FINAL
18.43		W70-75 (2+5)	FINAL
18.49		M80 (5)	FINAL
18.55		M85-90 (3-1)	FINAL
19.05	200 SEMI FINALS	M60 (8)	SF 1

19.10	M60 (8)	SF 2
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FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	THROWING PENTATHLON HAMMER THROW	W35-40 (10)	DT/HT I
08.00	TRIPLE JUMP	M75-80-85 (7+5+4=16)	TJ A I
08.00	TRIPLE JUMP	M70 (17)	TJ B I
09.00	THROWING PENTATHLON HAMMER THROW	W45 (7)	DT/HT I
09.00	POLE VAULT	M55 (8)	PV I
09.00	THROWING PENTATHLON SHOT PUT	W35-40 (10)	SP I
09.45	TRIPLE JUMP	M65 (17)	TJ B I
09.55	THROWING PENTATHLON HAMMER THROW	W50 (8)	DT/HT I
09.55	THROWING PENTATHLON SHOT PUT	W45 (7)	SP I
10.10	TRIPLE JUMP	M60 (11)	TJ A I
11.00	POLE VAULT	M50 (15)	PV I
10.40	THROWING PENTATHLON DISCUS THROW	W35-40 (10)	DT/HT I
10.50	THROWING PENTATHLON SHOT PUT	W50 (8)	SP I
11.30	TRIPLE JUMP	M55 (17)	TJ B I
11.40	THROWING PENTATHLON DISCUS THROW	W45 (7)	DT/HT I
11.40	TRIPLE JUMP	M50 (18)	TJ A I
11.40	THROWING PENTATHLON JAVELIN THROW	W35-40 (10)	JT B
12.35	THROWING PENTATHLON DISCUS THROW	W50 (8)	DT/HT I
12.40	THROWING PENTATHLON WEIGHT THROW	W35-40 (10)	HT/WT 1
12.40	THROWING PENTATHLON JAVELIN THROW	W45 (7)	JT B I
13.35	THROWING PENTATHLON JAVELIN THROW	W50 (8)	JT B I
13.40	THROWING PENTATHLON WEIGHT THROW	W45 (7)	HT/WT 1
14.35	THROWING PENTATHLON WEIGHT THROW	W50 (8)	HT/WT 1
15.00	TRIPLE JUMP	M45 (14)	TJ A I
15.00	TRIPLE JUMP	M40 (12)	TJ B I
15.00	POLE VAULT	M45 (13)	PV I
15.00	JAVELIN THROW	M40 (8)	JT B I
16.20	JAVELIN THROW	M35 (15)	JT B I
17.00	TRIPLE JUMP	M30-35 (1+6=7)	TJ A I
17.00	POLE VAULT	M40 (12)	PV I

DAY 8 22 JULY SATURDAY SECOND STADIUM

RUNNING EVENTS

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	THROWING PENTATHLON HAMMER THROW	W70 (12)	DT/HT II
08.00	THROWING PENTATHLON HAMMER THROW	W75-80-85 (10)	DT/HT 2
09.00	THROWING PENTATHLON HAMMER THROW	W60 (16)	DT/HT II
09.00	THROWING PENTATHLON SHOT PUT	W75-80-85 (10)	SP 2
09.10	THROWING PENTATHLON HAMMER THROW	W55 (13)	DT/HT 2
09.10	THROWING PENTATHLON SHOT PUT	W70 (12)	SP II
10.00	THROWING PENTATHLON DISCUS THROW	W75-80-85 (10)	DT/HT II
10.10	THROWING PENTATHLON SHOT PUT	W55 (13)	SP 2
10.20	THROWING PENTATHLON DISCUS THROW	W70 (12)	DT/HT II
10.20	THROWING PENTATHLON SHOT PUT	W60 (16)	SP II
11.10	THROWING PENTATHLON JAVELIN THROW	W75-80-85 (10)	JT II
11.20	THROWING PENTATHLON DISCUS THROW	W55 (13)	JT 2
11.40	THROWING PENTATHLON DISCUS THROW	W60 (16)	DT/HT II

11.40	THROWING PENTATHLON JAVELIN THROW	W70 (12)	JT II
12.10	THROWING PENTATHLON WEIGHT THROW	W75-80-85 (10)	WT II
12.40	THROWING PENTATHLON JAVELIN THROW	W55 (13)	JT 2
12.50	THROWING PENTATHLON WEIGHT THROW	W70 (12)	WT 2
13.10	THROWING PENTATHLON JAVELIN THROW	W60 (16)	JT II
13.50	THROWING PENTATHLON WEIGHT THROW	W55 (13)	WT 2
14.30	THROWING PENTATHLON WEIGHT THROW	W60 (16)	WT II
15.00	THROWING PENTATHLON HAMMER THROW	W65 (9)	DT/HT II
15.00	POLE VAULT	M35 (6)	PV II
16.00	THROWING PENTATHLON SHOT PUT	W65 (9)	SP II
17.00	THROWING PENTATHLON DISCUS THROW	W65 (9)	DT/HT II
18.00	THROWING PENTATHLON JAVELIN THROW	W65 (9)	JT II
19.00	THROWING PENTATHLON WEIGTH THROW	W65 (9)	WT II

DAY 9 23 JULY FRIDAY MAIN STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Type
11.00	200M FINALS	M90 (2)	FINAL
11.05		M85 (7)	FINAL
11.10		M80 (8)	FINAL
11.15		W75-80 (5)	FINAL
11.20		M75 (8)	FINAL
11.25		W70 (8)	FINAL
11.30		M70 (8)	FINAL
11.35		W65 (8)	FINAL
11.40		M65 (8)	FINAL
11.45		W60 (8)	FINAL
11.50		W55 (8)	FINAL
11.55		M55 (8)	FINAL
12.00		W50 (8)	FINAL
12.05		M50 (8)	FINAL
12.10		W45 (8)	FINAL
12.15		M45 (8)	FINAL
12.20		W40 (8)	FINAL
12.25		M40 (8)	FINAL
12.30		W35 (8)	FINAL
12.35		M35 (8)	FINAL
12.40		M60 (8)	FINAL
15.00	800 M FINALS	M80-85-90 (7+3+1=11)	FINAL
15.07		M75 (12)	FINAL
15.14		W70 (6)	FINAL
15.21		M70 (12)	FINAL
15.28		W65 (11)	FINAL
15.35		M65 (12)	FINAL
15.42		W60 (12)	FINAL
15.49		M60 (12)	FINAL
15.56		W55 (12)	FINAL
16.03		M55 (12)	FINAL
16.10		W50 (12)	FINAL
16.17		M50 (12)	FINAL
16.24		W45 (12)	FINAL
16.31		M45 (12)	FINAL

16.38		W40 (12)	FINAL
16.45		M40 (12)	FINAL
16.52		W35 (12)	FINAL
16.59		M35 (12)	FINAL

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
08.00	THROWING PENTATHLON HAMMER THROW	M35 (8)	DT/HT I
08.55	THROWING PENTATHLON HAMMER THROW	M45 (12)	DT/HT I
08.55	THROWING PENTATHLON SHOT PUT	M35 (8)	SP I
10.00	TRIPLE JUMP	W60-65 (5+5=10)	TJ A I
10.00	TRIPLE JUMP	W55 (8)	TJ B I
10.05	THROWING PENTATHLON HAMMER THROW	M75 (11)	DT/HT I
10.05	THROWING PENTATHLON SHOT PUT	M45 (12)	SP I
11.10	THROWING PENTATHLON SHOT PUT	M75 (11)	SP I
11.10	THROWING PENTATHLON DISCUS THROW	M35 (8)	DT/HT I
11.20	TRIPLE JUMP	W50 (10)	TJ B I
11.30	TRIPLE JUMP	W45 (6)	TJ A I
12.05	THROWING PENTATHLON DISCUS THROW	M45 (12)	DT/HT I
12.05	THROWING PENTATHLON JAVELIN THROW	M35 (8)	JT A I
13.00	THROWING PENTATHLON WEIGHT THROW	M35 (8)	WT I
13.15	THROWING PENTATHLON DISCUS THROW	M75 (11)	DT/HT I
13.15	THROWING PENTATHLON JAVELIN THROW	M45 (12)	JT A I
14.20	THROWING PENTATHLON JAVELIN THROW	M75 (11)	JT A I
14.25	THROWING PENTATHLON WEIGHT THROW	M45 (12)	WT I
15.00	THROWING PENTATHLON HAMMER THROW	M40 (15)	DT/HT I
15.00	TRIPLE JUMP	W40 (13)	TJ A I
15.00	TRIPLE JUMP	W35 (7)	TJ B I
15.25	THROWING PENTATHLON WEIGHT THROW	M75 (11)	WT 1
16.15	THROWING PENTATHLON HAMMER THROW	M80-85-90 (8+5+2=15)	DT/HT I
16.15	THROWING PENTATHLON SHOT PUT	M40 (15)	SP I
17.30	THROWING PENTATHLON SHOT PUT	M80-85-90 (8+5+2=15)	SP I
17.30	THROWING PENTATHLON DISCUS THROW	M40 (15)	DT/HT I
18.45	THROWING PENTATHLON DISCUS THROW	M80-85-90 (8+5+2=15)	DT/HT I
18.50	THROWING PENTATHLON JAVELIN THROW	M40 (15)	JT A I
20.00	THROWING PENTATHLON WEIGHT THROW	M40 (15)	WT I
20.00	THROWING PENTATHLON JAVELIN THROW	M80-85-90 (8+5+2=15)	JT A I
21.15	THROWING PENTATHLON WEIGHT THROW	M80-85-90 (8+5+2=15)	WT I

BEGIN HOUR OF EACH FIRST EVENT OF THROWING PENTATHLON IS CERTAIN.
 BEGIN HOUR OF 2RD, 3RD, 4RD AND 5TH EVENT IS ONLY
 INDICATIVE PLANNING AND MAY VARY IF VENUES ARE FREE EARLIER
 (DUE TO LESS PARTICIPANTS)

DAY 9 23 JULY FRIDAY SECOND STADIUM

FIELD EVENTS

Time	Event	Age group (Athlets)	Field
07.00	THROWING PENTATHLON HAMMER THROW	M50 (16)	DT/HT II
07.00	THROWING PENTATHLON HAMMER THROW	M65 (18)	DT/HT/WT 2
08.20	THROWING PENTATHLON HAMMER THROW	M55 (21)	DT/HT II
08.20	THROWING PENTATHLON SHOT PUT	M50 (16)	SP II
08.30	THROWING PENTATHLON SHOT PUT	M65 (18)	SP 2

09.40	THROWING PENTATHLON DISCUS THROW	M50 (16)	DT/HT II
09.55	THROWING PENTATHLON SHOT PUT	M55 (21)	SP II
10.00	THROWING PENTATHLON DISCUS THROW	M65 (18)	DT/HT/WT 2
11.00	THROWING PENTATHLON JAVELIN THROW	M50 (16)	JT II
11.30	THROWING PENTATHLON DISCUS THROW	M55 (21)	DT/HT II
11.30	THROWING PENTATHLON JAVELIN THROW	M65 (18)	JT 2
12.20	THROWING PENTATHLON WEIGHT THROW	M50 (16)	WT II
13.00	THROWING PENTATHLON WEIGHT THROW	M65 (18)	DT/HT/WT 2
13.10	THROWING PENTATHLON HAMMER THROW	M60 (22)	DT/HT II
13.05	THROWING PENTATHLON JAVELIN THROW	M55 (21)	JT II
14.00	THROWING PENTATHLON HAMMER THROW	M70 (21)	DT/HT/WT 2
14.20	THROWING PENTATHLON SHOT PUT	M60 (22)	SP II
14.40	THROWING PENTATHLON WEIGHT THROW	M55 (21)	WT II
15.20	THROWING PENTATHLON SHOT PUT	M70 (21)	SP 2
16.00	THROWING PENTATHLON DISCUS THROW	M60 (22)	DT/HT II
16.40	THROWING PENTATHLON DISCUS THROW	M70 (21)	DT/HT II
17.40	THROWING PENTATHLON JAVELIN THROW	M60 (22)	JT II
18.00	THROWING PENTATHLON JAVELIN THROW	M70 (21)	JT 2
19.20	THROWING PENTATHLON WEIGHT THROW	M60 (22)	WT II
19.20	THROWING PENTATHLON WEIGHT THROW	M70 (21)	DT/HT/WT 2

BEGIN HOUR OF EACH FIRST EVENT OF THROWING PENTATHLON IS CERTAIN.
 BEGIN HOUR OF 2RD, 3RD, 4RD AND 5TH EVENT IS ONLY
 INDICATIVE PLANNING AND MAY VARY IF VENUES ARE FREE EARLIER
 (DUE TO LESS PARTICIPANTS)

DAY 10 24 JULY SATURDAY MAIN STADIUM

RUNNING EVENTS

Time	Event	Age group (Athlets)	Field
10.00	RELAYS 4X100 TIMED FINALS	M80+	FINAL
10.06		M75	FINAL
10.12		W70+	FINAL
10.18		M70	FINAL
10.24		W65	FINAL
10.30		M65	FINAL
10.36		W60	FINAL
10.42		M60	FINAL
10.48		W55	FINAL
10.54		M55	FINAL
11.00		W50	FINAL
11.06		M50	FINAL
11.12		W45	FINAL
11.18		M45	FINAL
11.24		W40	FINAL
11.30		M40	FINAL
11.36		W35	FINAL
11.42		M35	FINAL
16.00	CLOSING CEREMONY		
17.00		M80+	FINAL
17.10		M75	FINAL
17.19		M70	FINAL

17.29	W65+	FINAL
17.38	M65	FINAL
17.47	W60	FINAL
17.56	M60	FINAL
18.04	W55	FINAL
18.12	M55	FINAL
18.20	W50	FINAL
18.28	M50	FINAL
18.36	W45	FINAL
18.44	M45	FINAL
18.52	W40	FINAL
19.00	M40	FINAL
19.08	W35	FINAL
19.16	M35	FINAL

DAY 10 24 JULY SATURDAY ROAD

RUNNING EVENTS

08.00	MARATHON START
14.00	MARATHON END