

TIMETABLE		FRIDAY - 21.09.2018			
Start	Serie	RUNNING	Sector	JUMPING	THROWING
8:00					Hammer Throw W50+ & M80+
9:00	1	5000m W60+ & M70+			
9:30				Pole Vault W35+ & M60+	
10:00	1	5000m W (35,40,45,50,55)			Shot Put M70+
					Javelin Throw W 50+
10:45	1	5000m M (60,65)		Pole Vault M (35,40,45,50,55)	
11:30	1	5000m M (50,55)			
				High Jump W35+ & M75+	Hammer Throw M (60,65)
12:15	1	5000m M (35,40,45)			Shot Put M (35,40,45)
13:00					
13:15	1	400m Hurdles W40			
13:20	1	400m Hurdles M (35,40)			
13:30	1	400m Hurdles M45			
13:40	1	400m Hurdles M (50,55)			
13:55	1	300m Hurdles W50 & M (60,65)			
14:05	1	300m Hurdles M (70,75)		High Jump M (60,65,70)	
14:10	1	200m Hurdles M80+			Hammer Throw W (35,40,45) & M (70,75)
14:30	OPENING CEREMONY				
15:00	2	100m W (35,40,45)			Shot Put M (50,55)
15:15	2	100m W (50,55)			
15:30	3	100m W60+		High Jump M (50,55)	Hammer Throw M (50,55)
15:50	3	100m M (35,40)			
16:10	2	100m M45			
16:20	2	100m M50			
16:30	2	100m M55			
16:40	2	100m M60			
16:50	2	100m M65			Hammer Throw M (35,40,45)
17:00	2	100m M70+			Shot Put M (60,65,70)
17:10	3	800m W35+			
17:30	2	800m M70+		High Jump M (35,40,45)	
17:45	2	800m M (60,65)			
18:00	2	800m M (50,55)			
18:15	3	800m M (35,40,45)			Javelin Throw W (35,40,45)
18:30		4x100 W			
18:50		4x100 M			

TIMETABLE					
SATURDAY - 22.09.2018					
Start	Serie	RUNNING	Sector	JUMPING	THROWING
8:00					Discus Throw W70+ & M80+
8:15	1	5km Walk W35+ & M60+			Weight Throw M (70,75)
9:00			A	Long Jump W55+	Discus Throw W (55,60,65)
			B	Long Jump M75+	
9:20	1	5km Walk M (35,40,45,50,55)			
10:00			A		
10:15					Discus Throw W (35,40,45,50)
10:30			B	Long Jump M (65,70)	Weight Throw M (60,65)
10:45	2	400m W (35,40)			
11:00	2	400m W 45+	A	Long Jump W (35,40,45,50)	
11:20	2	400m M35			
11:30	3	400m M (40,45)			Discus Throw M (35,40,45)
11:45	1	400m M50			
11:50	3	400m M (55,60)			Weight Throw M (50,55)
12:00					
			B	Long Jump M (35,40)	
12:10	2	400m M65			
12:20	3	400m M70+			
13:00	1	100m Hurdles W35			Discus Throw M (50,55)
	1	80m Hurdles W (40,45)			
13:10	1	80m Hurdles W (50,55) & M70			
13:20	1	80m Hurdles W60 & M80+			Weight Throw M (35,40,45)
13:30	1	100m Hurdles M (60,65)			
13:40	1	100m Hurdles M (50,55)			
13:50	1	110m Hurdles M (35,40,45)			
14:15	2	1500m M (35,40,45)			
14:30			A	Long Jump M45	
			B	Long Jump M50	
14:40	1	1500m M (50,55)			Weight Throw W (35,40,45)
14:55	2	1500m M60+			
15:00					Discus Throw M (60,65)
15:15	1	1500m W (35,40,45)			
15:30	1	1500m W50+			
16:00	1	2000m Steeplechase W (35,40,45,50,55)	A	Long Jump M55	Weight Throw W (50,55)
		2000m Steeplechase M (60,65)	B	Long Jump M60	
17:00	1	3000m Steeplechase M (35,40,45,50,55)			Discus Throw M (70,75)
					Weight Throw W60+ & M80+

TIMETABLE		SUNDAY - 23.09.2018			
Start	Serie	RUNNING	Sector	JUMPING	THROWING
8:00					Javelin Throw M70+
8:30					Shot Put W70+
8:45					Javelin Throw M (70,75)
9:00	1	Half Marathon W35+ & M35+	A	Triple Jump W35+	
			B	Triple Jump M70+	
9:15					Shot Put W (60,65)
9:30					
10:00	2	200m W65+			Javelin Throw M (60,65)
10:10	2	200m W (50,55,60)			
10:20	2	200m W (35,40,45)			
10:30			A	Triple Jump M (35,40,45)	
10:40	1	200m M80+			
10:45	1	200m M75			Shot Put W (50,55)
10:50	3	200m M (65,70)			
11:10	2	200m M60	B	Triple Jump M (50,55)	
11:25	3	200m M (50,55)			
11:30					
11:45	2	200m M45			
11:55	2	200m M40			
12:00			A	Triple Jump M (60,65)	Javelin Throw M (50,55)
12:10	2	200m M35			