

Time Table Man

Group A (U20/U23/Senior/M35/M40)

Group B (M45/M50/M55/M60/M65)

20 athletes

18 athletes

Day 1

9.00	100m	group A	
9.45	Long jump	group A	
11.05	200m HS	group A	
11.55	Shot put	group A	(Ped. A)
13.05	5000m	group A	
14.35	800m	group A	
15.00	High jump	group A	(Ped. A)
16.40	400m	group A	
17.45	Hammer throw	group A	
18.50	3000m HS (h=0.91)	group A	

8.00	100m	group B	
8.30	Long jump	group B	
10.15	200m HS	group B	
11.25	Shot put	group B	(Ped. B)
12.25	5000m	group B	
14.00	800m	group B	
14.30	High jump	group B	(Ped. B)
15.55	400m	group B	
16.30	Hammer throw	group B	
17.40	3000m HS (h=0.76)	group B	
18.15	3000m HS (h=0.91)	group B	

Day 2

8.00	110HS	group A	
8.35	Discus	group A	
9.30	200m	group A	
10.10	pole vault	group A	
13.10	3000m	group A	
14.40	400 HS	group A	
15.10	javelin	group A	
16.10	1500m	group A	
16.35	Triple jump	group A	
17.40	10000m	group A	

9.00	110HS	group B	
9.40	Discus	group B	
10.45	200m	group B	
12.25	pole vault	group B	
14.20	3000m	group B	
15.50	400 HS	group B	
16.20	javelin	group B	
17.20	1500m	group B	
17.45	Triple jump	group B	
19.00	10000m	group B	