

TIMETABLE

19-03-24

Time	Discipline	Round Information
08:30	3000 m M80+	Heat 1 (1)
08:55	3000 m M75	Heat 1 (1)
09:00	High Jump W85	
09:00	High Jump M80	
09:00	Long Jump M60 (landing pit B)	
09:00	Shot Put W50 (3)	
09:00	Weight Throw M80 (5.450)	
09:00	High Jump W80	
09:00	High Jump M85	
09:00	Long Jump M65 (landing pit A)	
09:00	Weight Throw M85 (5.450)	
09:00	High Jump W75	
09:00	Weight Throw M90 (5.450)	
09:20	3000 m M70	Heat 1 (1)
09:40	3000 m M65	Heat 1 (1)
10:00	Javelin Throw M50 (700)	
10:10	3000 m M60	Heat 1 (1)
10:25	3000 m M60	Heat 2 (2)
10:30	Shot Put W45 (4)	
10:30	Weight Throw M75 (7.260)	
10:40	3000 m M55	Heat 1 (1)
10:55	3000 m M55	Heat 2 (2)
11:00	Long Jump M50	GROUP B (2)
11:00	High Jump M75	
11:00	Long Jump M55	
11:00	High Jump W70	
11:00	High Jump W65	
11:10	3000 m M50	Heat 1 (1)
11:30	Javelin Throw M45 (800)	
11:30	Long Jump M50	GROUP A (1)
11:40	3000 m M45	Heat 1 (1)
11:55	3000 m M45	Heat 2 (2)
12:00	Shot Put W40 (4)	
12:00	Weight Throw M70 (7.260)	
12:10	3000 m M40	Heat 1 (1)
12:25	3000 m M40	Heat 2 (2)
12:40	3000 m M35	Heat 1 (1)
12:45	Javelin Throw M40 (800)	
13:00	Long Jump M45	GROUP B (2)
13:00	High Jump M70	

13:00	High Jump W60	
13:10	3000 m W75+	Heat 1 (1)
13:30	Shot Put W35 (4)	
13:30	Weight Throw M65 (9.080)	
13:30	Long Jump M45	GROUP A (1)
13:35	3000 m W65-70	Heat 1 (1)
14:00	3000 m W60	Heat 1 (1)
14:00	Javelin Throw M35 (800)	
14:20	3000 m W55	Heat 1 (1)
14:40	3000 m W50	Heat 1 (1)
15:00	Weight Throw M60 (9.080)	GROUP B (2)
15:00	High Jump W55	
15:00	Long Jump M40	
15:00	Weight Throw M60 (9.080)	GROUP A (1)
15:00	High Jump W50	
15:15	3000 m W45	Heat 1 (1)
15:35	3000 m W40	Heat 1 (1)
15:55	3000 m W35	Heat 1 (1)
16:10	400 m M65	1st (1) 1Q 2q
16:15	400 m M65	1st (2) 1Q 2q
16:20	400 m M65	1st (3) 1Q 2q
16:25	400 m M65	1st (4) 1Q 2q
16:35	400 m M60	1st (1) 1Q 2q
16:40	400 m M60	1st (2) 1Q 2q
16:45	400 m M60	1st (3) 1Q 2q
16:50	400 m M60	1st (4) 1Q 2q
17:00	400 m M55	1st (1) 2Q 6q
17:00	Long Jump M35	
17:00	High Jump W35	
17:00	High Jump W40	
17:00	High Jump W45	
17:05	400 m M55	1st (2) 2Q 6q
17:10	400 m M55	1st (3) 2Q 6q
17:15	400 m M55	1st (4) 2Q 6q
17:20	400 m M55	1st (5) 2Q 6q
17:25	400 m M55	1st (6) 2Q 6q
17:40	400 m M50	1st (1) 2Q 6q
17:45	400 m M50	1st (2) 2Q 6q
17:50	400 m M50	1st (3) 2Q 6q
17:55	400 m M50	1st (4) 2Q 6q
18:00	400 m M50	1st (5) 2Q 6q
18:05	400 m M50	1st (6) 2Q 6q
18:20	400 m M45	1st (1) 2Q 2q
18:25	400 m M45	1st (2) 2Q 2q
18:30	400 m M45	1st (3) 2Q 2q
18:35	400 m M45	1st (4) 2Q 2q
18:40	400 m M45	1st (5) 2Q 2q
18:45	400 m M40	1st (1) 1Q 2q
18:50	400 m M40	1st (2) 1Q 2q
18:55	400 m M40	1st (3) 1Q 2q
19:00	400 m M40	1st (4) 1Q 2q

19:10 400 m M35
19:15 400 m M35
19:20 400 m M35
19:25 400 m M35
19:30 400 m M35

1st (1) 2Q 2q
1st (2) 2Q 2q
1st (3) 2Q 2q
1st (4) 2Q 2q
1st (5) 2Q 2q