

# TIMETABLE

19-03-25

Time	Discipline	Round Information
08:00	60 m M70	1st (1) 1Q 4q
08:00	6 km Cross M75+ W70+	Heat 1 (1)
08:00	<b>Long Jump M80</b>	
08:00	<b>Long Jump M85</b>	
08:00	<b>Long Jump M95</b>	
08:05	60 m M70	1st (2) 1Q 4q
08:10	60 m M70	1st (3) 1Q 4q
08:15	60 m M70	1st (4) 1Q 4q
08:25	60 m M65	1st (1) 2Q 4q
08:30	60 m M65	1st (2) 2Q 4q
08:35	60 m M65	1st (3) 2Q 4q
08:40	60 m M65	1st (4) 2Q 4q
08:45	60 m M65	1st (5) 2Q 4q
08:55	60 m M60	1st (1) 2Q 6q
09:00	60 m M60	1st (2) 2Q 6q
09:00	6 km Cross M70	Heat 1 (1)
09:00	<b>Shot Put W100 (2)</b>	
09:00	<b>Weight Throw W50 (7.260)</b>	
09:00	<b>Shot Put W90 (2)</b>	
09:00	<b>Shot Put W85 (2)</b>	
09:00	<b>Shot Put W80 (2)</b>	
09:05	60 m M60	1st (3) 2Q 6q
09:10	60 m M60	1st (4) 2Q 6q
09:15	60 m M60	1st (5) 2Q 6q
09:20	60 m M55	1st (1) 2Q 4q
09:20	<b>Long Jump M75</b>	
09:25	60 m M55	1st (2) 2Q 4q
09:30	60 m M55	1st (3) 2Q 4q
09:35	60 m M55	1st (4) 2Q 4q
09:40	60 m M55	1st (5) 2Q 4q
09:45	60 m M55	1st (6) 2Q 4q
09:50	8 km Cross M65	Heat 1 (1)
10:00	<b>Hammer Throw M50 (6)</b>	
10:00	<b>Javelin Throw M55 (700)</b>	
10:05	60 m M50	1st (1) 2Q 8q
10:09	60 m M50	1st (2) 2Q 8q
10:13	60 m M50	1st (3) 2Q 8q
10:15	<b>Shot Put W75 (2)</b>	
10:17	60 m M50	1st (4) 2Q 8q
10:21	60 m M50	1st (5) 2Q 8q

10:25	60 m M50	1st (6) 2Q 8q
10:29	60 m M50	1st (7) 2Q 8q
10:30	<b>Weight Throw W45 (9.080)</b>	
10:33	60 m M50	1st (8) 2Q 8q
10:35	8 km Cross M60	Heat 1 (1)
10:35	<b>Long Jump M70</b>	
10:47	60 m M45	1st (1) 2Q 10q
10:51	60 m M45	1st (2) 2Q 10q
10:55	60 m M45	1st (3) 2Q 10q
10:59	60 m M45	1st (4) 2Q 10q
11:03	60 m M45	1st (5) 2Q 10q
11:07	60 m M45	1st (6) 2Q 10q
11:11	60 m M45	1st (7) 2Q 10q
11:25	60 m M40	1st (1) 2Q 10q
11:25	8 km Cross M55	Heat 1 (1)
11:28	60 m M40	1st (2) 2Q 10q
11:30	<b>Shot Put W70 (3)</b>	
11:30	<b>Hammer Throw M45 (7.26)</b>	
11:30	<b>Javelin Throw M60 (600)</b>	
11:31	60 m M40	1st (3) 2Q 10q
11:34	60 m M40	1st (4) 2Q 10q
11:37	60 m M40	1st (5) 2Q 10q
11:40	60 m M40	1st (6) 2Q 10q
11:43	60 m M40	1st (7) 2Q 10q
11:45	<b>Weight Throw W40 (9.080)</b>	
11:45	<b>Weight Throw W35 (9.080)</b>	
11:50	<b>Long Jump W55</b>	
12:00	60 m M35	1st (1) 1Q 4q
12:03	60 m M35	1st (2) 1Q 4q
12:06	60 m M35	1st (3) 1Q 4q
12:09	60 m M35	1st (4) 1Q 4q
12:10	8 km Cross M50	Heat 1 (1)
12:25	3000 m Walk M80+	Heat 1 (1)
12:45	8 km Cross M45	Heat 1 (1)
12:45	<b>Hammer Throw M40 (7.26)</b>	
13:00	3000 m Walk M75	Heat 1 (1)
13:00	<b>High Jump M65</b>	
13:00	<b>Javelin Throw M65 (600)</b>	
13:00	<b>High Jump M60</b>	
13:15	8 km Cross M40	Heat 1 (1)
13:15	<b>Shot Put W65 (3)</b>	
13:30	<b>Long Jump W50</b>	
13:35	3000 m Walk M70	Heat 1 (1)
13:45	8 km Cross M35	Heat 1 (1)
14:00	<b>Hammer Throw M35 (7.26)</b>	
14:05	3000 m Walk M65	Heat 1 (1)
14:15	8 km Cross W60-65	Heat 1 (1)
14:30	<b>Javelin Throw M70 (500)</b>	
14:30	Shot Put W60 (3)	GROUP 1 (1)
14:35	3000 m Walk M60	Heat 1 (1)
15:00	Shot Put W60 (3)	GROUP 2 (2)

15:00	3000 m Walk M55	Heat 1 (1)
15:00	<b>High Jump M55</b>	
15:00	<b>High Jump M50</b>	
15:05	8 km Cross W50-55	Heat 1 (1)
15:05	<b>Long Jump W45</b>	
15:20	3000 m Walk M45-50	Heat 1 (1)
15:40	3000 m Walk M35-40	Heat 1 (1)
15:45	8 km Cross W35-45	Heat 1 (1)
16:00	400 m M80	1st (1) 2Q 2q
16:05	400 m M80	1st (2) 2Q 2q
16:10	400 m M75	1st (1) 2Q 2q
16:15	400 m M75	1st (2) 2Q 2q
16:15	Shot Put W55 (3)	GROUP 1 (1)
16:25	400 m M70	1st (1) 1Q 2q
16:30	400 m M70	1st (2) 1Q 2q
16:30	<b>Long Jump W40</b>	
16:35	400 m M70	1st (3) 1Q 2q
16:40	400 m M70	1st (4) 1Q 2q
16:45	Shot Put W55 (3)	GROUP 2 (2)
17:05	400 m M55	SF (1) 1Q 3q
17:10	400 m M55	SF (2) 1Q 3q
17:15	400 m M55	SF (3) 1Q 3q
17:20	400 m M50	SF (1) 1Q 3q
17:25	400 m M50	SF (2) 1Q 3q
17:30	400 m M50	SF (3) 1Q 3q
17:35	400 m M45	SF (1) 2Q 2q
17:40	400 m M45	SF (2) 2Q 2q
18:00	400 m M35	SF (1) 2Q 2q
18:00	<b>Long Jump W35</b>	
18:05	400 m M35	SF (2) 2Q 2q
18:25	400 m W65	1st (1) 2Q 2q
18:28	400 m W65	1st (2) 2Q 2q
18:35	400 m W60	1st (1) 2Q 2q
18:40	400 m W60	1st (2) 2Q 2q
18:50	400 m W55	1st (1) 2Q 2q
18:55	400 m W55	1st (2) 2Q 2q
19:10	400 m W50	1st (1) 1Q 3q
19:15	400 m W50	1st (2) 1Q 3q
19:20	400 m W50	1st (3) 1Q 3q
19:30	400 m W45	1st (1) 1Q 3q
19:35	400 m W45	1st (2) 1Q 3q
19:40	400 m W45	1st (3) 1Q 3q
19:50	400 m W40	1st (1) 1Q 3q
19:52	400 m W40	1st (2) 1Q 3q
19:54	400 m W40	1st (3) 1Q 3q
20:00	400 m W35	1st (1) 1Q 3q
20:05	400 m W35	1st (2) 1Q 3q
20:10	400 m W35	1st (3) 1Q 3q