

# TIMETABLE

19-03-30	Time	Discipline	Round Information
	07:55	60 m Hurdles W65	1st (1) 2Q 4q
	08:00	60 m Hurdles W65	1st (2) 2Q 4q
	08:00	<b>Discus Throw M85 (1)</b>	
	08:00	<b>Discus Throw M90 (1)</b>	
	08:00	<b>Discus Throw M95 (1)</b>	
	08:05	60 m Hurdles W60	1st (1) 2Q 4q
	08:10	60 m Hurdles W60	1st (2) 2Q 4q
	08:15	60 m Hurdles W55	1st (1) 2Q 4q
	08:20	60 m Hurdles W55	1st (2) 2Q 4q
	08:25	60 m Hurdles W50	1st (1) 2Q 2q
	08:30	60 m Hurdles W50	1st (2) 2Q 2q
	08:30	<b>Pole Vault W80</b>	
	08:30	<b>Pole Vault W75</b>	
	08:30	<b>Pole Vault W70</b>	
	08:30	<b>Pole Vault W65</b>	
	08:30	<b>Pole Vault W60</b>	
	08:35	60 m Hurdles W50	1st (3) 2Q 2q
	08:50	60 m Hurdles W40	1st (1) 2Q 4q
	08:55	60 m Hurdles W40	1st (2) 2Q 4q
	09:00	<b>Triple Jump M80</b>	
	09:00	<b>Discus Throw W80 (0.75)</b>	
	09:00	<b>Triple Jump M85</b>	
	09:00	<b>Discus Throw W85 (0.75)</b>	
	09:00	<b>Discus Throw W90 (0.75)</b>	
	09:05	60 m Hurdles W35	1st (1) 2Q 4q
	09:10	60 m Hurdles W35	1st (2) 2Q 4q
	09:25	<b>1500 m M80+</b>	<b>Final</b>
	09:30	<b>Discus Throw M80 (1)</b>	
	09:38	<b>1500 m M75</b>	<b>Final</b>
	09:48	<b>1500 m M70</b>	<b>Final</b>
	09:57	<b>1500 m M65</b>	<b>Final</b>
	10:00	Half Marathon W+M	Heat 1 (1)
	10:00	<b>Triple Jump M75</b>	
	10:06	<b>1500 m M60</b>	<b>Final</b>
	10:14	<b>1500 m M55</b>	<b>Final</b>
	10:15	<b>Discus Throw W75 (0.75)</b>	
	10:22	<b>1500 m M50</b>	<b>Final</b>
	10:30	<b>1500 m M45</b>	<b>Final</b>
	10:38	<b>1500 m M40</b>	<b>Final</b>
	10:46	<b>1500 m M35</b>	<b>Final</b>

10:55	60 m Hurdles W75+	Final
11:00	Pole Vault W40	
11:00	Discus Throw M75 (1)	
11:00	60 m Hurdles W70	Final
11:00	Pole Vault W35	
11:05	60 m Hurdles W65	Final
11:10	60 m Hurdles W60	Final
11:15	Triple Jump M65	
11:15	60 m Hurdles W55	Final
11:20	60 m Hurdles W50	Final
11:25	60 m Hurdles W45	Final
11:30	Discus Throw W70 (1)	
11:30	60 m Hurdles W40	Final
11:35	60 m Hurdles W35	Final
11:40	1500 m W80+	Final
11:52	1500 m W75	Final
12:04	1500 m W70	Final
12:15	1500 m W65	Final
12:27	1500 m W60	Final
12:30	Triple Jump M70	
12:39	1500 m W55	Final
12:45	Discus Throw M70 (1)	GROUP 1 (1)
12:51	1500 m W50	Final
13:00	Pole Vault W55	
13:00	Discus Throw W65 (1)	
13:00	Pole Vault W50	
13:00	Pole Vault W45	
13:03	1500 m W45	Final
13:15	Discus Throw M70 (1)	GROUP 2 (2)
13:15	1500 m W40	Final
13:25	1500 m W35	Final
13:35	4x200 m Relay M85	Heat 1 (1)
13:35	4x200 m Relay M80	Heat 1 (1)
13:43	4x200 m Relay W80	Heat 1 (1)
13:43	4x200 m Relay W75	Heat 1 (1)
13:43	4x200 m Relay W70	Heat 1 (1)
13:51	4x200 m Relay M75	Heat 1 (1)
13:59	4x200 m Relay M70	Heat 1 (1)
14:07	4x200 m Relay M70	Heat 2 (2)
14:15	Discus Throw W60 (1)	GROUP 1 (1)
14:15	4x200 m Relay M65	Heat 1 (1)
14:23	4x200 m Relay W65	Heat 1 (1)
14:30	Discus Throw W55 (1)	
14:31	4x200 m Relay M60	Heat 1 (1)
14:39	4x200 m Relay W60	Heat 1 (1)
14:45	Discus Throw W60 (1)	GROUP 2 (2)
14:47	4x200 m Relay M55	Heat 1 (1)
14:53	4x200 m Relay M55	Heat 2 (2)
15:00	Closing Ceremony	
15:20	4x200 m Relay W55	Heat 1 (1)
15:28	4x200 m Relay M50	Heat 1 (1)

15:36	4x200 m Relay M50	Heat 2 (2)
15:44	4x200 m Relay W50	Heat 1 (1)
15:52	4x200 m Relay W50	Heat 2 (2)
16:00	4x200 m Relay M45	Heat 1 (1)
16:08	4x200 m Relay M45	Heat 2 (2)
16:16	4x200 m Relay W45	Heat 1 (1)
16:24	4x200 m Relay W45	Heat 2 (2)
16:32	4x200 m Relay M40	Heat 1 (1)
16:40	4x200 m Relay M40	Heat 2 (2)
16:48	4x200 m Relay W40	Heat 1 (1)
16:56	4x200 m Relay W40	Heat 2 (2)
17:04	4x200 m Relay M35	Heat 1 (1)
17:12	4x200 m Relay M35	Heat 2 (2)
17:20	4x200 m Relay W35	Heat 1 (1)
17:28	4x200 m Relay W35	Heat 2 (2)