

SUNDAY 26th**ARENA TRACK**

TIME	VENUE	CAT.	TYPE
08:30	3000m	W70+	Final
9:00	3000m	W60/65	Final
9:30	3000m	W55	Final
9:50	3000m	W50	Final
10:15	3000m	W45	Final
10:35	3000m	W40	Final
10:55	3000m	W35	Final
11:15	3000m	M80+	Final
11:45	3000m	M75	Final
12:15	3000m	M70	Final
12:40	3000m	M65	Final B
13:00	3000m	M65	Final A
13:15	3000m	M60	Final B
13:35	3000m	M60	Final A
13:50	3000m	M55	Final B
14:10	3000m	M55	Final A
14:25	3000m	M50	Final B
14:45	3000m	M50	Final A
15:00	3000m	M45	Final B
15:20	3000m	M45	Final A
15:35	3000m	M40	Final B
15:55	3000m	M40	Final A
16:10	3000m	M35	Final

16:30	400m	W45	Heat
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16:50	400m	M70	Heat
17:10	400m	M65	Heat
17:30	400m	M60	Heat
18:10	400m	M55	Heat
18:45	400m	M50	Heat
19:20	400m	M45	Heat
19:50	400m	M40	Heat

SUNDAY 26th**ARENA FIELD**

TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
HIGH JUMP A/B				LONG JUMP			
9:00	High Jump A	M85+	Final	08:15	Long Jump	M65	Final
9:00	High Jump B	M70	Final	10:15	Long Jump	M60	Final
11:15	High Jump A	W75+	Final	12:45	Long Jump	M55	Final
11:15	High Jump B	W45/50	Final	14:30	Long Jump	M50	Final
13:15	High Jump A	M80	Final	16:45	Long Jump	M45	Final
13:15	High Jump B	W55	Final	18:30	Long Jump	M40	Final
15:00	High Jump A	W70	Final	20:15	Long Jump	M35	Final
15:00	High Jump B	M75	Final				
16:15	High Jump A	W35/40	Final				
16:15	High Jump B	W65	Final				
18:15	High Jump A	W60	Final				

THROWING HALL**SHOT PUT**

TIME	VENUE	CAT.	TYPE
9:00	Shot Put	W50	Final
10:35	Shot Put	W45	Final
12:00	Shot Put	W40	Final
13:30	Shot Put	W35	Final

THROWING HALL**WEIGHT THROW**

TIME	VENUE	CAT.	TYPE
9:00	Weight Throw	M85+	Final
10:30	Weight Throw	M80	Final
12:15	Weight Throw	M75	Final
13:45	Weight Throw	M70	Final
15:30	Weight Throw	M65	Final
17:00	Weight Throw	M60	Final

STADIUM**JAVELIN THROW**

TIME	VENUE	CAT.	TYPE
9:00	Javelin	M35	Final
10:30	Javelin	M40	Final
12:15	Javelin	M45	Final
14:00	Javelin	M50	Final
15:40	Javelin	M55	Final

STADIUM**DISCUS THROW**

TIME	VENUE	CAT.	TYPE
09:00	Discus	W80+	Final
10:45	Discus	W75	Final
12:15	Discus	W70	Final
13:45	Discus	W65	Final
15:30	Discus	W60	Final
17:00	Discus	W55	Final

MONDAY 27th			
ARENA TRACK			
TIME	VENUE	CAT.	TYPE
8:00	60m	M70	Heat
8:20	60m	M65	Heat
8:50	60m	M60	Heat
9:20	60m	M55	Heat
10:00	60m	M50	Heat
10:35	60m	M45	Heat
11:05	60m	M40	Heat
11:30	60m	M35	Heat

11:55	3000mWalk	M80+	Final
12:35	3000mWalk	M75	Final
13:10	3000mWalk	M70	Final
13:50	3000mWalk	M65	Final
14:25	3000mWalk	M60	Final
15:00	3000mWalk	M55	Final
15:35	3000mWalk	M50	Final
16:00	3000mWalk	M45	Final
16:25	3000mWalk	M35/40	Final

17:00	400m	W75	Semif.
17:05	400m	W70	Semif.
17:10	400m	W65	Semif.
17:20	400m	W60	Semif.
17:30	400m	W55	Semif.
17:40	400m	W50	Semif.
18:00	400m	W45	Semif.
18:10	400m	W40	Semif.
18:25	400m	W35	Semif.

18:40	400m	M80	Semif
18:55	400m	M75	Semif.
19:10	400m	M70	Semif.
19:15	400m	M65	Semif.
19:20	400m	M60	Semif.
19:35	400m	M55	Semif.
19:50	400m	M50	Semif.
20:05	400m	M45	Semif.
20:20	400m	M40	Semif.
20:35	400m	M35	Semif.

MONDAY 27th							
ARENA FIELD							
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
HIGH JUMP A/B				LONG JUMP A/ B			
13:00	High Jump A	M65	Final	08:15	Long Jump B	M85+	Final
13:00	High Jump B	M60	Final	08:15	Long Jump A	M75	Final
16:00	High Jump A	M55	Final	09:45	Long Jump B	M80	Final
16:00	High Jump B	M50	Final	09:45	Long Jump A	M70	Final
				11:45	Long Jump A	W55	Final
				13:35	Long Jump A	W50	Final
				15:25	Long Jump A	W45	Final
				17:20	Long Jump A	W40	Final
				19:15	Long Jump A	W35	Final

THROWING HALL			
SHOT PUT A			
TIME	VENUE	CAT.	TYPE
9:00	Shot Put	W80+	Final
10:35	Shot Put	W75	Final
12:05	Shot Put	W70	Final
13:35	Shot Put	W65	Final
15:30	Shot Put	W55	Final

THROWING HALL			
WEIGHT THROW/SHOT PUT B			
TIME	VENUE	CAT.	TYPE
9:00	Weight Throw	W50	Final
10:30	Weight Throw	W45	Final
12:00	Weight Throw	W40	Final
13:15	Weight Throw	W35	Final
14:30	Shot Put (B)	W60	Final

STADIUM			
JAVELIN THROW			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	M60	Final
10:50	Javelin	M65	Final
12:15	Javelin	M70	Final
14:00	Javelin	M75	Final
15:30	Javelin	M80	Final
17:00	Javelin	M85+	Final

CROSS COUNTRY			
TIME	VENUE	CAT.	TYPE
8:00	6 km	M75+/W70+	Fina]
9:00	6 km	M70	Fina]
9:50	8 km	W60/65	Final
10:40	8 km	W50/55	Final
11:25	8 km	W45	Fina]
12:10	8 km	W35/40	Fina]
13:00	8 km	M65	Fina]
13:40	8 km	M60	Final
14:25	8 km	M55	Final
15:05	8 km	M50	Final
15:45	8 km	M45	Fina]
16:25	8 km	M35/40	Final

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
10:00	Hammer	M55	Final
11:40	Hammer	M50	Final
13:05	Hammer	M45	Final
14:40	Hammer	M40	Final
16:00	Hammer	M35	Final

TUESDAY 28th

ARENA TRACK

TIME	VENUE	CAT.	TYPE
9:00	60m	W55	Heat
9:20	60m	W50	Heat
9:40	60m	W45	Heat
10:00	60m	M85	Semif.
10:10	60m	M80	Semif.
10:25	60m	M75	Semif.
10:35	60m	M70	Semif.
10:45	60m	M65	Semif.
11:00	60m	M60	Semif.
11:10	60m	M55	Semif.
11:25	60m	M50	Semif.
11:40	60m	M45	Semif.
11:55	60m	M40	Semif.
12:05	60m	M35	Semif.
12:15	60m	W75	Semif.
12:25	60m	W70	Semif.
12:40	60m	W65	Semif.
12:55	60m	W60	Semif.
13:10	60m	W55	Semif.
13:20	60m	W50	Semif.
13:40	60m	W45	Semif.
13:50	60m	W40	Semif.
14:05	60m	W35	Semif.

14:30	3000mWalk	W75+	Final
15:10	3000mWalk	W65/70	Final
15:50	3000mWalk	W55/60	Final
16:25	3000mWalk	W45/50	Final
16:55	3000mWalk	W35/40	Final
17:30	400m	W85	Final
17:36	400m	W80	Final
17:42	400m	W75	Final
17:47	400m	W70	Final
17:52	400m	W65	Final
17:57	400m	W60	Final
18:03	400m	W55	Final
18:08	400m	W50	Final
18:13	400m	W45	Final
18:18	400m	W40	Final
18:23	400m	W35	Final
18:28	400m	M90+	Final
18:35	400m	M85	Final
18:40	400m	M80	Final
18:45	400m	M75	Final
18:50	400m	M70	Final
18:55	400m	M65	Final
19:00	400m	M60	Final
19:05	400m	M55	Final
19:10	400m	M50	Final
19:15	400m	M45	Final
19:20	400m	M40	Final
19:25	400m	M35	Final

TUESDAY 28th

ARENA FIELD

HIGH JUMP				LONG JUMP/TRIPLE JUMP			
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
				08:20	Long Jump	W80+	Final
15:00	High Jump A	M45	Final	09:40	Long Jump	W70/75	Final
				11:30	Long Jump	W60	Final
16:30	High Jump A	M40	Final	13:20	Long Jump	W65	Final
				15:15	Triple Jump	M60	Final
18:00	High Jump A	M35	Final	17:10	Triple Jump	M55	Final
				19:00	Triple Jump	M50	Final

THROWING HALL

SHOT PUT

TIME	VENUE	CAT.	TYPE
9:00	Shot Put	M50	Final
10:45	Shot Put	M45	Final
12:30	Shot Put	M40	Final
14:30	Shot Put	M35	Final

THROWING HALL

WEIGHT THROW

TIME	VENUE	CAT.	TYPE
09:00	Weight Throw	W75+	Final
10:50	Weight Throw	W70	Final
12:30	Weight Throw	W65	Final
14:15	Weight Throw	W60	Final
15:55	Weight Throw	W55	Final

STADIUM

JAVELIN

TIME	VENUE	CAT.	TYPE
10:00	Javelin	W50	Final
11:30	Javelin	W45	Final
12:50	Javelin	W40	Final
14:10	Javelin	W35	Final

THROWING FIELD

HAMMER THROW

TIME	VENUE	CAT.	TYPE
9:30	Hammer	M85+	Final
11:00	Hammer	M80	Final
12:30	Hammer	M75	Final
13:45	Hammer	M70	Final
15:10	Hammer	M65	Final
16:45	Hammer	M60	Final

WEDNESDAY 29th			
ARENA TRACK			
TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	M60	Pent
08:30	60m	W85+	Final
8:34	60m	W80	Final
08:38	60m	W75	Final
08:42	60m	W70	Final
8:46	60m	W65	Final
08:50	60m	W60	Final
08:54	60m	W55	Final
8:58	60m	W50	Final
09:02	60m	W45	Final
09:06	60m	W40	Final
9:10	60m	W35	Final
09:14	60m	M90+	Final
09:18	60m	M85	Final
9:22	60m	M80	Final
09:26	60m	M75	Final
09:30	60m	M70	Final
9:34	60m	M65	Final
09:38	60m	M60	Final
09:42	60m	M55	Final
9:46	60m	M50	Final
09:50	60m	M45	Final
09:54	60m	M40	Final
9:58	60m	M35	Final
10:10	800m	W65	Semif.
10:15	800m	W60	Semif.
10:30	800m	W55	Semif.
10:40	60 Hurdles	M75+	Pent
11:00	60 Hurdles	M70	Pent
11:20	800m	W50	Semif.
11:32	800m	W45	Semif.
11:48	800m	W40	Semif.
12:05	800m	W35	Semif.
12:20	800m	M80	Semif.
12:35	800m	M75	Semif.
13:05	60 Hurdles	M65	Pent
13:30	60 Hurdles	M55	Pent
14:00	800m	M70	Semif.
14:15	800m	M65	Semif.
14:40	800m	M60	Semif.
15:20	1000 C	M60	Pent
15:30	1000 B	M60	Pent
15:38	1000 A	M60	Pent
15:50	800m	M55	Semif.
16:10	800m	M50	Semif.
16:40	800m	M45	Semif.
17:20	800m	M40	Semif.
17:40	800m	M35	Semif.

WEDNESDAY 29th							
ARENA FIELD							
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
POLE VAULT/TRIPLE JUMP				PENTATHLON Long Jump/High Jump			
10:00	Pole Vault	M35	Final	8:50	Long Jump A	M60	Pent
13:00	Pole Vault	M40	Final	11:25	Long Jump B	M75+	Pent
16:00	Pole Vault	M45	Final	11:45	Long Jump A	M70	Pent
16:30	Triple Jump A	W35	Final	14:05	Long Jump B	M65	Pent
17:45	Triple Jump A	W40	Final	14:25	Long Jump A	M55	Pent
19:15	Triple Jump A	W45	Final	12:30	High Jump A+B	M60	Pent
				15:15	High Jump B	M75+	Pent
				15:25	High Jump A	M70	Pent
				18:15	High Jump B	M65	Pent
				18:30	High Jump A	M55	Pent

THROWING HALL			
SHOT PUT A			
TIME	VENUE	CAT.	TYPE
10:40	Shot Put	M60	Pent
13:25	Shot Put	M75+	Pent
16:30	Shot Put	M55	Pent

THROWING HALL			
WEIGHT THROW/SHOT PUT B			
TIME	VENUE	CAT.	TYPE
8:00	Weight Throw	M40	Final
10:40	Shot Put	M60	Pent
13:35	Shot Put	M70	Pent
16:10	Shot Put	M65	Pent
18:00	Weight Throw	M35	Final
19:15	Weight Throw	M45	Final

STADIUM			
JAVELIN/DISCUS			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	W55	Final
10:30	Javelin	W60	Final
12:00	Javelin	W65	Final
13:30	Javelin	W70	Final
15:00	Javelin	W75+	Final
15:00	Discus	M85+	Final
16:45	Discus	M80	Final

THROWING FIELD			
DISCUS			
TIME	VENUE	CAT.	TYPE
9:00	Discus	M50	Final
11:00	Discus	M55	Final
13:00	Discus	M65	Final
15:00	Discus	M70	Final
16:45	Discus	M75	Final

ARENA TRACK			
TIME	VENUE	CAT.	TYPE
18:00	1000	M80+	Pent
18:10	1000	M75	Pent
18:30	1000 B	M70	Pent
18:38	1000 A	M70	Pent
21:30	1000 B	M65	Pent
21:38	1000 A	M65	Pent
21:45	1000 B	M55	Pent
21:53	1000 A	M55	Pent

10 KILOMETERS ROAD			
TIME	VENUE	CAT.	TYPE
10:00	10km Road	W+M	Final

THURSDAY 30th

ARENA TRACK

TIME	VENUE	CAT.	TYPE
08:00	60 Hurdles	M50	Pent
08:25	200m	W65	Heat
08:50	200m	W60	Heat
09:15	200m	W55	Heat
9:45	60 Hurdles	M45	Pent
10:05	60 Hurdles	M40	Pent
10:20	200m	W50	Heat
10:45	200m	W45	Heat
11:15	200m	W40	Heat
11:40	200m	M75	Heat
12:00	200m	M70	Heat
12:25	200m	M65	Heat
13:05	200m	M60	Heat
14:00	60 Hurdles	M35	Pent
14:15	200m	M55	Heat
15:00	1000 B	M50	Pent
15:08	1000 A	M50	Pent
15:20	200m	M50	Heat
15:55	200m	M45	Heat
16:35	200m	M40	Heat
17:15	200m	M35	Heat
17:50	800m	W80+	Final
18:00	800m	W75	Final
18:15	1000 B	M45	Pent
18:25	1000 A	M45	Pent
18:40	1000 B	M40	Pent
18:50	1000 A	M40	Pent
19:00	800m	W70	Final
19:08	800m	W65	Final
19:16	800m	W60	Final
19:24	800m	W55	Final
19:32	800m	W50	Final
19:40	800m	W45	Final
19:47	800m	W40	Final
19:54	800m	W35	Final
20:02	800m	M85+	Final
20:12	800m	M80	Final
20:20	800m	M75	Final
20:28	800m	M70	Final
20:36	800m	M65	Final
20:44	800m	M60	Final
20:52	800m	M55	Final
21:00	800m	M50	Final
21:15	1000	M35	Pent
21:25	800m	M45	Final
21:32	800m	M40	Final
21:40	800m	M35	Final

THURSDAY 30th

ARENA FIELD

TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
POLE VAULT/TRIPLE JUMP				PENTATHLON Long Jump/High Jump			
9:30	Pole Vault	M60	Final	8:50	Long Jump A	M50	Pent
13:00	Pole Vault	M55	Final	8:50	Long Jump B	M50	Pent
17:00	Pole Vault	M50	Final	10:40	Long Jump A	M45	Pent
				11:00	Long Jump B	M40	Pent
12:00	Triple Jump A	W55	Final	14:45	Long Jump A	M35	Pent
12:40	Triple Jump B	W75+	Final				
14:10	Triple Jump B	W70	Final	12:20	High Jump A+B	M50	Pent
15:20	Triple Jump B	W65	Final	15:00	High Jump A	M45	Pent
16:15	Triple Jump A	W60	Final	15:00	High Jump B	M40	Pent
17:45	Triple Jump A	W50	Final	17:40	High Jump A	M35	Pent

THROWING HALL

SHOT PUT A

TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M90+	Final
8:45	Shot Put	M85	Final
10:35	Shot Put	M50	Pent
12:25	Shot Put	M45	Pent
14:00	Shot Put	M75	Final
16:35	Shot Put	M35	Pent
18:00	Shot Put	M65	Final

THROWING HALL

WEIGHT THROW/SHOT PUT B

TIME	VENUE	CAT.	TYPE
8:30	Shot Put	M80	Final
10:35	Shot Put	M50	Pent
12:00	Shot Put	M70	Final
13:00	Shot Put	M40	Pent
15:00	Weight Throw	M50	Final
16:45	Weight Throw	M55	Final

STADIUM

DISCUS

TIME	VENUE	CAT.	TYPE
10:00	Discus	M35	Final
11:30	Discus	M40	Final
13:00	Discus	M45	Final
14:30	Discus	M60	Final

THROWING FIELD

HAMMER THROW

TIME	VENUE	CAT.	TYPE
10:00	Hammer	W50	Final
11:45	Hammer	W45	Final
13:15	Hammer	W40	Final
14:45	Hammer	W35	Final

FRIDAY 31st

ARENA TRACK

TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	W70+	Pent
08:08	60 Hurdles	W65	Pent
8:20	200m	W80	Semif.
8:28	200m	W75	Semif.
8:36	200m	W70	Semif.
8:50	200m	W65	Semif.
8:55	200m	W60	Semif.
9:00	200m	W55	Semif.
09:12	200m	W50	Semif.
09:24	200m	W45	Semif.
9:36	200m	W40	Semif.
9:50	60 Hurdles	W60	Pent
10:00	60 Hurdles	W55	Pent
10:10	200m	W35	Semif.
10:25	200m	M85	Semif.
10:35	200m	M80	Semif.
10:48	200m	M75	Semif.
10:56	200m	M70	Semif.
11:08	200m	M65	Semif.
11:20	200m	M60	Semif.
11:32	200m	M55	Semif.
11:44	200m	M50	Semif.
12:00	60 Hurdles	W50	Pent
12:20	60 Hurdles	W45	Pent
12:30	200m	M45	Semif.
12:42	200m	M40	Semif.
12:54	200m	M35	Semif.
13:10	1500m	M65	Heats
13:30	1500m	M60	Heats
13:50	800m	W70+	Pent
14:00	800m	W65	Pent
14:10	60 Hurdles	W40	Pent
14:20	60 Hurdles	W35	Pent
14:30	1500m	M55	Heats
15:00	1500m	M50	Heats
15:25	1500m	M45	Heats
15:40	800m	W60	Pent
15:50	800m	W55	Pent
16:00	1500m	M40	Heats
16:25	1500m	M35	Heats
16:45	60 Hurdles	M80	Semif.
16:50	60 Hurdles	M75	Semif.
17:00	60 Hurdles	M70	Semif.
17:10	60 Hurdles	M65	Semif.
17:25	60 Hurdles	M60	Semif.
17:45	60 Hurdles	M55	Semif.
18:00	60 Hurdles	M50	Semif.

FRIDAY 31st

ARENA TRACK

TIME	VENUE	CAT.	TYPE
18:20	800m	W45	Pent
18:30	800m	W50	Pent
18:40	60 Hurdles	M45	Semif.
18:50	60 Hurdles	M40	Semif.
19:00	60 Hurdles	M35	Semif.
19:20	800m	W35	Pent
19:30	200m	W85+	Final
19:35	200m	W80	Final
19:40	200m	W75	Final
19:44	200m	W70	Final
19:48	200m	W65	Final
19:52	200m	W60	Final
19:56	200m	W55	Final
20:00	200m	W50	Final
20:04	200m	W45	Final
20:08	200m	W40	Final
20:12	200m	W35	Final
20:20	800m	W40	Pent
20:30	200m	M90+	Final
20:35	200m	M85	Final
20:39	200m	M80	Final
20:43	200m	M75	Final
20:47	200m	M70	Final
20:51	200m	M65	Final
20:55	200m	M60	Final
20:59	200m	M55	Final
21:03	200m	M50	Final
21:07	200m	M45	Final
21:11	200m	M40	Final
21:15	200m	M35	Final
21:20	60 Hurdles	M85	Final
21:25	60 Hurdles	M80	Final
21:30	60 Hurdles	M75	Final
21:35	60 Hurdles	M70	Final
21:40	60 Hurdles	M65	Final
21:45	60 Hurdles	M60	Final
21:50	60 Hurdles	M55	Final
21:55	60 Hurdles	M50	Final
22:00	60 Hurdles	M45	Final
22:05	60 Hurdles	M40	Final
22:10	60 Hurdles	M35	Final

FRIDAY 31st

ARENA FIELD

TIME	VENUE	CAT.	TYPE
POLE VAULT/TRIPLE JUMP A			
9:30	Pole Vault	M75+	Final
13:00	Pole Vault	M70	Final
16:30	Pole Vault	M65	Final
8:00	Triple Jump	M45	Final
10:00	Triple Jump	M35	Final
20:00	Triple Jump	M40	Final

TIME	VENUE	CAT.	TYPE
PENTATHLON High Jump/Long Jump			
8:40	High Jump A	W70+	Pent
8:50	High Jump B	W65	Pent
10:30	High Jump A	W60	Pent
10:50	High Jump B	W55	Pent
12:40	High Jump A	W50	Pent
13:00	High Jump B	W45	Pent
15:00	High Jump A	W40	Pent
15:00	High Jump B	W35	Pent
12:10	Long Jump A	W70+	Pent
12:30	Long Jump B	W65	Pent
14:30	Long Jump A	W60	Pent
14:40	Long Jump B	W55	Pent
16:50	Long Jump A	W50	Pent
16:50	Long Jump B	W45	Pent
18:10	Long Jump B	W35	Pent
18:50	Long Jump A	W40	Pent

THROWING HALL			
SHOT PUT A			
TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M60	Final
10:40	Shot Put	W70+	Pent
13:00	Shot Put	W60	Pent
15:20	Shot Put	W50	Pent
17:20	Shot Put	W40	Pent

THROWING HALL			
SHOT PUT B			
TIME	VENUE	CAT.	TYPE
8:00	Shot Put	M55	Final
11:00	Shot Put	W65	Pent
13:10	Shot Put	W55	Pent
15:20	Shot Put	W45	Pent
17:00	Shot Put	W35	Pent

STADIUM			
TIME	VENUE	CAT.	TYPE
9:00	Discus	W50	Final
10:30	Discus	W45	Final
12:00	Discus	W40	Final
13:40	Discus	W35	Final

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
9:00	Hammer	W80+	Final
10:30	Hammer	W75	Final
11:45	Hammer	W70	Final
13:15	Hammer	W65	Final
14:30	Hammer	W60	Final
16:30	Hammer	W55	Final

10 KILOMETERS WALK			
TIME	VENUE	CAT.	TYPE
9:00	10km Walk	W55+	Final
10:45	10km Walk	W35/40/45/50	Final
12:30	10km Walk	M70+	Final
14:10	10km Walk	M55/60/65	Final
15:40	10km Walk	M35/40/45/50	Final

SATURDAY 1ST

ARENA TRACK

TIME	VENUE	CAT.	TYPE
8:00	60 Hurdles	W65	Semi
08:10	60 Hurdles	W60	Semi
8:20	60 Hurdles	W55	Semi
08:30	60 Hurdles	W50	Semi
08:45	60 Hurdles	W45	Semi
08:55	60 Hurdles	W40	Semi
09:05	60 Hurdles	W35	Semi
09:15	1500m	W75+	Final
09:30	1500m	W70	Final
09:45	1500m	W65	Final
09:55	1500m	W60	Final
10:05	1500m	W55	Final
10:15	1500m	W50	Final
10:25	1500m	W45	Final
10:35	1500m	W40	Final
10:45	1500m	W35	Final
10:55	1500m	M85+	Final
11:10	1500m	M80	Final
11:20	1500m	M75	Final
11:30	1500m	M70	Final
11:40	1500m	M65	Final
11:48	1500m	M60	Final
11:56	1500m	M55	Final
12:04	1500m	M50	Final
12:12	1500m	M45	Final
12:20	1500m	M40	Final
12:28	1500m	M35	Final
12:40	60 Hurdles	W75+	Final
12:45	60 Hurdles	W70	Final
12:50	60 Hurdles	W65	Final
12:55	60 Hurdles	W60	Final
13:00	60 Hurdles	W55	Final
13:05	60 Hurdles	W50	Final
13:10	60 Hurdles	W45	Final
13:15	60 Hurdles	W40	Final
13:20	60 Hurdles	W35	Final

SATURDAY 1ST

ARENA FIELD

TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
TRIPLE JUMP				POLE VAULT			
09:00	Triple Jump	M85	Final	08:00	Pole Vault	W60+	Final
10:15	Triple Jump	M80	Final	11:00	Pole Vault	W50/55	Final
11:30	Triple Jump	M75	Final	13:30	Pole Vault	W45	Final
12:30	Triple Jump	M65	Final	15:00	Pole Vault	W35/40	Final
14:10	Triple Jump	M70	Final				

ARENA TRACK

TIME	VENUE	CAT.	TYPE
13:45	4x200 Relay	M80	Final
13:55	4x200 Relay	W80	Final
14:05	4x200 Relay	M75	Final
14:15	4x200 Relay	W75	Final
14:25	4x200 Relay	M70	Final
14:35	4x200 Relay	W70	Final
14:42	4x200 Relay	M65	Final
14:50	4x200 Relay	W65	Final
14:58	4x200 Relay	M60	Final
15:08	4x200 Relay	W60	Final
15:15	4x200 Relay	M55	Final
15:25	4x200 Relay	W55	Final
15:35	4x200 Relay	M50	Final
15:45	4x200 Relay	W50	Final
15:55	4x200 Relay	M45	Final
16:05	4x200 Relay	W45	Final
16:15	4x200 Relay	M40	Final
16:25	4x200 Relay	W40	Final
16:35	4x200 Relay	M35	Final
16:45	4x200 Relay	W35	Final
17:00	4x200 MIX	80	Final
17:10	4x200 MIX	75	Final
17:20	4x200 MIX	70	Final
17:30	4x200 MIX	65	Final
17:40	4x200 MIX	60	Final
17:50	4x200 MIX	55	Final
18:00	4x200 MIX	50	Final
18:10	4x200 MIX	45	Final
18:20	4x200 MIX	40	Final
18:30	4x200 MIX	35	Final
18:45	Closing Ceremony		

HALF-MARATHON

TIME	VENUE	CAT.	TYPE
11:00	Road	W+M	Final

9. World Masters Athletics Championships Indoor, Toruń, POL – 26.03-1.04.2023

WMACI Torun 2023		Sunday 26th	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
60m	Heats		Men	Women				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals						All	
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Semifinals				All			
	Finals					All		
1500m	Semifinals						All	
	Finals							All
3000m	Finals	All						
60m hurdles *	Heats						All	
	Semifinals						Men	Women
	Finals						Men*	All*
3000m Walk			Men	Women				
Cross Country 8 km / km W/M70+		6	All					
Half-marathon								All
10km Walk Road							All	
10 km Road					All			
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M55+	M35-50	Women All	
Long Jump		M35-65	W35-55 / M70+	W60+				
Triple Jump				M50-60	W35-45	W50+	M35-45	M65 +
High Jump		Women / M70+	M50-65	M35-45				
Pole vault					M35-45	M50-60	M65+	Women
Shot Put		W35-50	W55+	M35-50		M65+	M55-60	
Weight throw		M60 +	W35-50	W55+	M35-45	M50-55		
Javelin		M35-50	M55-70	W35-50	W55+ / M75+			
Discus		W 55 +			M 50 - 70	M35-45 M75+	W35-50	
Hammer throw			M35-50	M55-70		W35-50	W55+ / M75+	