Pescara 2023 - Timetable

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Free	Day 7	Day 8	Day 9	Day 10	
		gio 21-set	ven 22-set	sab 23-set	dom 24-set	lun 25-set	mar 26-set	mer 27-set	gio 28-set	ven 29-set	sab 30-set	dom 01-ott	
100m	Heats	All (M+W)											100 mt
	Semifinals		All (M+W)										
	Finals		All (M+W)										
200m	Heats			All (M+W)									200 mt
	Semifinals				All (M+W)								
	Finals				All (M+W)								
400m	Heats					All (M+W)							400 mt
	Semifinals						All (M+W)						
	Finals						All (M+W)						
800m	Heats								All (M+W)				800 mt
	Finals									All (M+W)			
110/100/80m Hs	Heats								All(W+M)				110/100/80 mt. Hs
	Finals									All(W+M)			
400/300/200m Hs	Heats	All(W+M)											400/300/200 mt. Hs
	Finals		All(W+M)										
3000m/2000m st	Finals					All (M+W)							3000 mt / 2000 mt
4x100m						Women	Men						4 x 100 mt
4x400m											4x400 MIX*	All (W+M)	4 x 400 mt
High Jump						M35-55	M60+		Women				Salto in alto
Pole Vault						M65+	M35-45		M50-60	Women			Salto con l'asta
Long Jump						Women			M35-55	M60+			Salto Lungo
Triple Jump									Women		M35-55	M60+	Salto Triplo
Decathlon - Day 1		M35-50	M55-70	M75+									Decathlon
Decathlon - Day 2			M35-50	M55-70	M75+								Decathlon
Heptathlon				W Day1	W Day 2								
1500m	Heats		All (M+W)										**1500 mt**
	Finals			All (M+W)									
5000m	Finals					Women	Men						**5000 mt**
10000m	Finals	Men,W65+	W35-60										**1000 mt**
5000m Track Race Walk				W60+,M65+	W35-55,M35-60								**10 km. marcia su pista**
Weight Throw					All(W)	M35-40,70+	M45-65						**Lancio del peso**
Shot Put		M35-60	All(W)	M65+									**Lancio del peso**
Discus Throw					M35-65	All(W)	M70+						**Lancio del peso**
Hammer Throw		M65+	M35-60	All(W)									**Lancio del Martello**
Javelin Throw		All(W)	M65+	M35-60									**Lancio del Giavellotto**
Throwing Pentathlon							W65+		W35-60,	M45,50,70,75	M55,65,80+	M35-40,60	**Pentathlon di Lancio**
20km Road Walk											All(W+M)		20 km marcia
10km Road Walk							All(W+M)						10 km marcia
Half Marathon												All(W+M)	Mezza Maratona
Cross Country					All(W+M)								Cross
10 km Road Race									All(W+M)				10 km. su strada
		gio 21-set	ven 22-set	sab 23-set	dom 24-set	lun 25-set	mar 26-set	mer 27-set	gio 28-set	ven 29-set	sab 30-set	dom 01-ott	
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6		Day 7	Day 8	Day 9	Day 10	

Pescara (main Stadium)	100, 200, 400, 800, 110/100/80Hs, 400/300/200Hs, 3000/2000 SC, 4x100, 4x400, 4x400mix, high jump, pole vault, long jump, triple jump, decathlon, heptathlon, road race walk, road 10K, half marathon, cross country, weight throw
Montesilvano	1500, 5000, 10000, 5000 track race walk
Francavilla	shot put, discus throw, hammer throw, javelin throw, throwing pentathlon, weight throw

COMPETITION DAILY PROGRAM