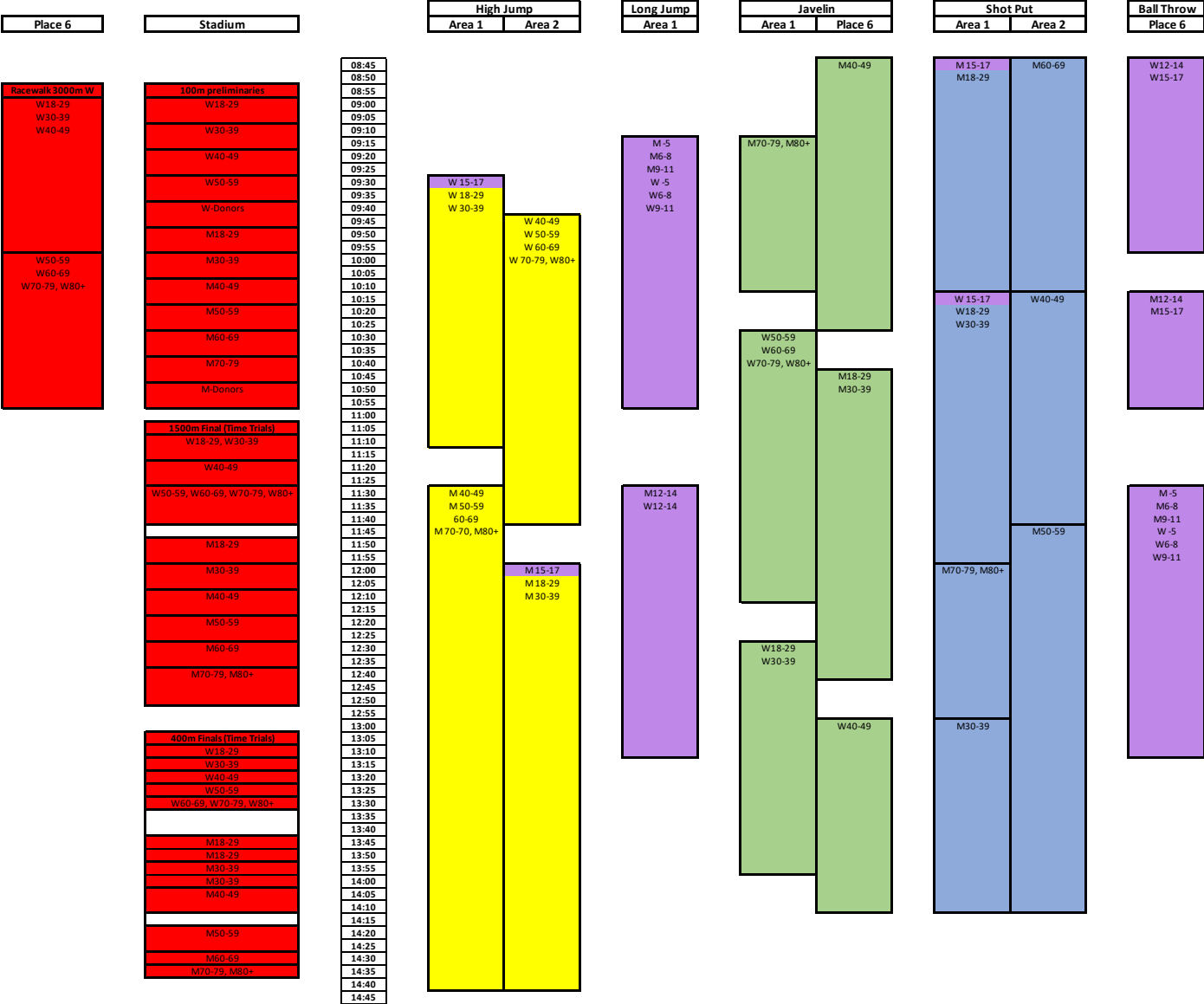


Track Events
Callroom Track Events: 15 min before each competition
Preliminaries: best 8 of each agegroup are qualified for Final.
Timed Finals: if more than one heat is required, the 3 fastest times will win

Field events
Callroom Field Events: 15 min before each heat
Warmup is included in the times below. Start of the competition approx. 15 minutes later.

Morning Session



Evening Session

Stadium

25m Finals
W-5
M-5
50m Finals
W6-8
M6-8
W9-11
M9-11

100m Finals
W12-14
W15-17
W18-29
W30-39
W40-49
W50-59
W60-69
W70-79, W80+

W-Donors
M12-14
M15-17
M18-29
M30-39
M40-49
M50-59
M60-69
M70-79, M80+
M-Donors

4x100m Relay
Women
Women
Men
Men

17:30
17:35
17:40
17:45
17:50
17:55
18:00
18:05
18:10
18:15
18:20
18:25
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21:25
21:30
21:35
21:40
21:45
21:50
21:55
22:00

Long Jump

Area 1 Area 2

M15-17	M30-39
M18-29	

W 15-17	W 30-39
W 18-29	W40-49

Javelin

Area 1

M60-69
M50-59

Shot Put

Area 1 Area 2

M40-49 (14P)

W50-59	W60-69
	W70-79, W80+