

Track Events

Callroom Track Events:
15 min before each heat - STADIUM
20 min before each heat - PLACE 6
Preliminaries: best 8 of each agegroup are qualified for Final.
Time Trials: if more than one heat is required, the 3 fastest times will win.

Field events

Callroom Field Events:
15 min before each event - STADIUM
20 min before each event - PLACE 6
30 min before each event - THROWING PLACE
Warmup is included in the times below. Start of the competition approx. 15 minutes later.

Morning Session

Place 6

Stadium

High Jump

Area 1

Stadium

Long Jump

Area 1

Stadium

Area 2

Stadium

Discus

Area 1

Stadium

Area 2

Throwing Place

Ball Throw

Area 1

Place 6

Area 2

Place 6

Racewalk 5000m M

M60-69

M70-79, M80+

M18-29

M30-39

M50-59

M-Donor

M40-49

200m Finals (Time Trials)

W60-69

W18-29

W30-39

W30-39

W40-49

W40-49

W50-59

W60-69, W70-79, W80+

M15-17

M18-29

M18-29

M30-39

M30-39

M40-49

M40-49

M50-59

M50-59

M60-69

M60-69

M70-79, M80+

800m Finals (Time Trials)

W18-29, W30-39

W40-49

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

M18-29, M30-39

M40-49

M50-59

M60-69, M70-79, M80+

4x400m Relay

Women

Men

Men

08:30

08:35

08:40

08:45

08:50

08:55

09:00

09:05

09:10

09:15

09:20

09:25

09:30

09:35

09:40

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14:00

14:05

14:10

14:15

14:20

14:25

M50-59

M18-29

M30-39

M40-49

M60-69

M70-79, M80+

M40-49

M60-69

M70-79

M80+

M40-49

M-Donors

M60-69

M70-79, M80+

W-Donor

M50-59

W50-59

W60-69

W70-79, W80+

W18-29

W30-39

W40-49

W50-59

W60-69

W70-79, W80+

M60-69

M70-79, M80+

M50-59

M18-29

M30-39

M40-49

M18-29

M30-39

M50-59

M60-69

M70-79, M80+

M40-49

W18-29

W30-39

W40-49

M60-69

M70-79, M80+

Cirde of Life (Closing)