

Track Events
Callroom Track Events: 15 min before each heat
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 heat
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	Area 2
Stadium	Stadium

Discus	
Area 1	Area 2
Stadium	Throwing Place

Ball Throw	
Area 1	Area 2
Place 6	Place 6

Racewalk 5000m M
M60-69
M70-79, M80+
M18-29
M30-39
M50-59
Donor
M40-49

200m Finals (Time Trials)
W15-17
W18-29
W30-39
W30-39
W40-49
W40-49
W50-59
W60-69, W70-79, W80+
W15-17
M18-29
M18-29
M30-39
M30-39
M40-49
M40-49
M50-59
M50-59
M60-69
M60-69
M70-70, 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
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M 50-59
M 18-29
M 30-39
M 40-49
M 60-69
M 70-70
M 80+

M40-49
M-Donors
M60-69
M70-79,M80+
W-Donor
W50-59
W60-69
W70-70, W80+
M50-59

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
M40-49
W 50-59
W60-69
W70-79, W80
W18-29
W30-39
W40-49
M60-69
M70-79, M80+

Circle of Life (Closing)
