

Timetable

12.03.2022

08:30	3000 m walk, F45 3000 m walk, F50 3000 m walk, F55	
09:00	3000 m walk, M35 3000 m walk, M40 3000 m walk, M45 3000 m walk, M50	hammer throw-4 kg, F35 hammer throw-4 kg, F45 hammer throw-3 kg, F50 hammer throw-3 kg, F55 hammer throw-3 kg, F65 hammer throw-3 kg, F70
09:30	3000 m walk, M55 3000 m walk, M60 3000 m walk, M65	
10:00	3000 m walk, M70 3000 m walk, M75 3000 m walk, M80 3000 m walk, M85	hammer throw-5 kg, M60 hammer throw-5 kg, M65 hammer throw-4 kg, M70 hammer throw-4 kg, M75 hammer throw-3 kg, M80 hammer throw-3 kg, M85
11:00		hammer throw-7.26 kg, M45 hammer throw-6 kg, M50 hammer throw-6 kg, M55
11:20	60 m, F60 60 m, F70 60 m, F75	
11:40	60 m, F50 60 m, F55	
11:50	60 m, F45	
11:55	60 m, F35 60 m, F40	
12:00	60 m, M80 60 m, M85 60 m, M90	
12:05	60 m, M75	
12:10	60 m, M70	
12:15	60 m, M65	
12:20	60 m, M60 , 1	
12:25	60 m, M60 , 2	
12:30	60 m, M55	discus throw-1 kg, F60 discus throw-1 kg, F65 discus throw-1 kg, F70 discus throw-0.75 kg, F80
12:35	60 m, M50	
12:40	60 m, M45 , 1	
12:45	60 m, M45 , 2	
12:50	60 m, M40	
12:55	60 m, M35	
13:00	1500 m, F55 1500 m, F75	
13:10	1500 m, F45 1500 m, F50	
13:15		discus throw-1 kg, F35 discus throw-1 kg, F40 discus throw-1 kg, F45 discus throw-1 kg, F50 discus throw-1 kg, F55
13:20	1500 m, F35 1500 m, F40	

13:30	1500 m, M70 1500 m, M75 1500 m, M85	high jump, F35 high jump, F40 high jump, F45 high jump, F50 high jump, F65 high jump, F70 triple jump, M65 triple jump, M70 triple jump, M75	
13:40	1500 m, M65		
13:50	1500 m, M60		
14:00	1500 m, M55		
14:10	1500 m, M50		
14:15			discus throw-1 kg, M70 discus throw-1 kg, M75 discus throw-1 kg, M80
14:20	1500 m, M35 1500 m, M40 1500 m, M45		
15:00		triple jump, M35 triple jump, M40 triple jump, M45 triple jump, M50 triple jump, M55 triple jump, M60 high jump, M65 high jump, M70 high jump, M80 high jump, M85	
15:15			discus throw-1 kg, M60 discus throw-1 kg, M65
15:20	400 m, F55 400 m, F60		
15:25	400 m, F45 400 m, F50		
15:30	400 m, F40		
15:35	400 m, F35		
15:50	400 m, M75 400 m, M85 400 m, M90		
15:55	400 m, M70 , 1		
16:00	400 m, M70 , 2		
16:05	400 m, M65 , 1		
16:10	400 m, M65 , 2		
16:15	400 m, M60 , 1	high jump, M35 high jump, M40 high jump, M45 high jump, M50 high jump, M55	discus throw-1.5 kg, M50 discus throw-1.5 kg, M55
16:20	400 m, M60 , 2		
16:25	400 m, M60 , 3		
16:30	400 m, M55		
16:35	400 m, M50 , 1		
16:40	400 m, M50 , 2		
16:45	400 m, M50 , 3		
16:50	400 m, M45		
16:55	400 m, M40		
17:00	400 m, M35	triple jump, F35 triple jump, F40 triple jump, F45 triple jump, F50	

17:15 4 x 200 m, F50
4 x 200 m, F55

discus throw-2 kg, M35
discus throw-2 kg, M40
discus throw-2 kg, M45

17:25 4 x 200 m, F45

17:35 4 x 200 m, F40

17:45 4 x 200 m, M70

17:50 4 x 200 m, M65

17:55 4 x 200 m, M60

18:00 4 x 200 m, M45
4 x 200 m, M50
4 x 200 m, M55

18:05 4 x 200 m, M35
4 x 200 m, M40

13.03.2022

08:00			shot put-3 kg, F60 shot put-3 kg, F65 shot put-3 kg, F70 shot put-2 kg, F80
08:30	60 m hurdles, F50 60 m hurdles, F55 60m hurdles, F70		
08:35	60 m hurdles, F35 60 m hurdles, F40 60 m hurdles, F45		
08:40	60m hurdles, M70 60m hurdles, M75 60m hurdles, M80		
08:45	60m hurdles, M60 60m hurdles, M65		
08:50	60m hurdles, M55		
08:55	60m hurdles, M50		
09:00	60m hurdles, M35 60m hurdles, M40 60m hurdles, M45		javelin throw-600 g, F35 javelin throw-600 g, F45 shot put-3 kg, F50 javelin throw-500 g, F50 shot put-3 kg, F55 javelin throw-500 g, F55 javelin throw-500 g, F60 javelin throw-500 g, F65 javelin throw-500 g, F70
09:15	3000 m, F50 3000 m, F55 3000 m, F60 3000 m, F75		
09:30		long jump, F35 long jump, F40 long jump, F45 long jump, F50 long jump, F55 long jump, F60 long jump, F70	
09:35	3000 m, F40 3000 m, F45		
10:00	3000 m, M70 3000 m, M75 3000 m, M85		shot put-4 kg, F35 shot put-4 kg, F40 shot put-4 kg, F45
10:30	3000 m, M55 3000 m, M65	pole vault, F45 pole vault, F55 pole vault, M50 pole vault, M55 pole vault, M60 pole vault, M70	javelin throw-600 g, M60 javelin throw-600 g, M65 javelin throw-500 g, M70 javelin throw-400 g, M80 javelin throw-400 g, M85
10:45	3000 m, M60		
11:00	3000 m, M50	long jump, M65 long jump, M70 long jump, M75 long jump, M85 long jump, M90	shot put-4 kg, M70 shot put-4 kg, M75 shot put-3 kg, M80 shot put-3 kg, M85
11:15	3000 m, M35 3000 m, M45		
11:30	3000 m, M40		javelin throw-700 g, M50 javelin throw-700 g, M55
11:45	800 m, F60		
11:55	800 m, F45 800 m, F50		
12:00	800 m, F35 800 m, F40	long jump, M55 long jump, M60	shot put-5 kg, M60 shot put-5 kg, M65

12:10	800 m, M70 800 m, M75 800 m, M85 800 m, M90		
12:20	800 m, M65		
12:25	800 m, M60		
12:30	800 m, M55		javelin throw-800 g, M35 javelin throw-800 g, M40 javelin throw-800 g, M45
12:35	800 m, M50		
12:40	800 m, M45		
12:45	800 m, M40		
12:50	800 m, M35		
13:00	200 m, F60 200 m, F75	long jump, M45 long jump, M50	shot put-6 kg, M50 shot put-6 kg, M55
13:10	200 m, F55		
13:14	200 m, F50		
13:18	200 m, F45 , 1		
13:22	200 m, F45 , 2		
13:26	200 m, F40 , 1		
13:30	200 m, F40 , 2		
13:34	200 m, F35 , 1		
13:38	200 m, F35 , 2		
13:45	200 m, M80 200 m, M85 200 m, M90		
13:49	200 m, M75 , 1		
13:53	200 m, M75 , 2		
13:57	200 m, M70 , 1		
14:00		long jump, M35 long jump, M40	
14:01	200 m, M70 , 2		
14:05	200 m, M65 , 1		
14:09	200 m, M65 , 2		
14:13	200 m, M60 , 1		
14:17	200 m, M60 , 2		
14:21	200 m, M60 , 3		
14:25	200 m, M55 , 1		
14:29	200 m, M55 , 2		
14:30			shot put-7.26 kg, M35 shot put-7.26 kg, M40 shot put-7.26 kg, M45
14:33	200 m, M50 , 1		
14:37	200 m, M50 , 2		
14:41	200 m, M50 , 3		
14:45	200 m, M45 , 1		
14:49	200 m, M45 , 2		
14:53	200 m, M45 , 3		
14:57	200 m, M40 , 1		
15:01	200 m, M40 , 2		
15:05	200 m, M35 , 1		
15:09	200 m, M35 , 2		