

Day 1, Friday, March 27

ARENA TRACK			
08:30	400 m	Heats	M35
08:54	400 m	Heats	M40
09:30	400 m	Heats	M45
10:00	400 m	Heats	M50
10:20	400 m	Heats	M55
10:50	400 m	Heats	M60
11:26	400 m	Heats	M65
11:50	400 m	Heats	M70
12:10	400 m	Heats	M75
12:34	400 m	Heats	W35
12:58	400 m	Heats	W40
13:22	3000 m	Final	W65+
13:50	3000 m	Final	W60
14:13	3000 m	Final	W55
14:35	3000 m	Final	W50
14:55	3000 m	Final	W45
15:10	3000 m	Final	W40
15:25	3000 m	Final	W35
15:40	3000 m	Final	M80+
16:07	3000 m	Final	M75
16:32	3000 m	Final	M70
16:56	3000 m	Final	M65
17:18	3000 m	Final	M60
17:37	3000 m	Final	M55
17:54	3000 m	Final A	M50
18:11	3000 m	Final B	M50
18:27	3000 m	Final A	M45
18:43	3000 m	Final B	M45
18:59	3000 m	Final	M40
19:14	3000 m	Final A	M35
19:30	3000 m	Final B	M35
19:45	3000m RW	Final	W70+
20:25	3000m RW	Final	W65
20:55	3000m RW	Final	M75
21:28	3000m RW	Final	M80+

ARENA FIELD

Long Jump		
09:00	W80+	Final
10:20	W75	Final
11:30	W70	Final
13:00	W65	Final
14:40	W60	Final

OUTSIDE THE ARENA

Hammer Throw		
09:00	M35	Final
10:00	M40	Final

Weight Throw		
11:30	M45	Final
12:50	M50	Final
14:20	M55	Final
16:00	M60	Final

Discus		
09:00	W35	Final
10:10	W40	Final
11:45	W45	Final
13:05	W50	Final
14:20	W55	Final
15:50	W60	Final

Javelin		
11:00	M90	Final
11:50	M80-85	Final
13:30	M75	Final
14:45	M70	Final
16:20	M65	Final

High Jump

High Jump		
	III	
09:00	W35	Final
10:05	M85+	Final
11:25	M80	Final
12:40	M75	Final
14:25	M70	Final
16:30	M65	Final

Day 2, Saturday, March 28

ARENA TRACK			
09:00	60m hurdles	Heats	W35
09:11	60m hurdles	Heats	W40
09:21	60m hurdles	Heats	W45
09:32	60m hurdles	Heats	W50
09:47	60m hurdles	Heats	W55
09:58	60m hurdles	Heats	W60
10:08	60m hurdles	Heats	W65
10:20	400 m	SF	M35
10:32	400 m	SF	M40
10:44	400 m	SF	M45
10:56	400 m	SF	M50
11:08	400 m	SF	M55
11:20	400 m	SF	M60
11:32	400 m	SF	M65
11:44	400 m	SF	M70
11:56	400 m	SF	M75
12:08	400 m	SF	M80
12:20	400 m	SF	W35
12:32	400 m	SF	W40
12:50	400 m	SF	W45
13:08	400 m	SF	W50
13:26	400 m	SF	W55
13:44	400 m	SF	W60
13:58	400 m	SF	W65
14:10	400 m	SF	W70

ARENA FIELD		
Long Jump		

09:00	M40	Final
11:00	W35	Final
12:25	W40	Final
14:05	W45	Final
15:20	W50	Final
17:05	W55	Final
18:40	M35	Final

OUTSIDE THE ARENA		
Weight Throw		

09:00	M75	Final
10:25	M80+	Final

Hammer		
12:10	W35	Final
13:25	W40	Final
14:45	W45	Final
16:00	W50	Final

Discus		
09:00	W65	Final
10:35	W70	Final
12:00	W75	Final
13:30	W80+	Final

Javelin		
14:45	W60	Final
16:10	W55	Final

14:25	3000m RW	Final	W35-40
14:50	3000m RW	Final	W45-50
15:15	3000m RW	Final	W55-60
15:45	3000m RW	Final	M35-40
16:10	3000m RW	Final	M45
16:35	3000m RW	Final	M50
17:05	3000m RW	Final	M55-60
17:35	3000m RW	Final	M65
18:05	3000m RW	Final	M70
18:35	60 m hurdles	Final	W35
18:40	60 m hurdles	Final	W40
18:45	60 m hurdles	Final	W45
18:50	60 m hurdles	Final	W50
18:55	60 m hurdles	Final	W55
19:00	60 m hurdles	Final	W60
19:05	60 m hurdles	Final	W65
19:10	60 m hurdles	Final	W70
19:16	60 m hurdles	Final	W75
19:22	60 m hurdles	Final	W80+

Day 3, Sunday, March 29

ARENA TRACK			
08:30	60 m	M35	Heats
09:05	60 m	M40	Heats
09:50	60 m	M45	Heats
10:25	60 m	M50	Heats
11:00	60 m	M55	Heats
11:30	60 m	M60	Heats
12:00	60 m	M65	Heats
12:25	60 m	M75	Heats
12:45	60 m	W35	Heats
13:05	60 m	W40	Heats
13:35	60 m	W45	Heats
13:55	60 m	W50	Heats
14:25	60 m	W55	Heats
14:50	60 m	W65	Heats
15:10	400 m	M35	Final
15:16	400 m	M40	Final
15:22	400 m	M45	Final
15:28	400 m	M50	Final
15:34	400 m	M55	Final
15:40	400 m	M60	Final
15:46	400 m	M65	Final
15:52	400 m	M70	Final
15:58	400 m	M75	Final
16:04	400 m	M80	Final
16:10	400 m	M85	Final
16:16	400 m	M90+	Final

ARENA FIELD		
Shot Put		
08:00	W35	Final
09:10	W40	Final
10:40	W45	Final
12:20	W50	Final
13:40	W55	Final
15:30	W60	Final
17:10	M75	Final
18:50	M80	Final
20:15	M85+	Final

OUTSIDE THE ARENA		
Weight Throw		
09:00	W65	Final
10:45	W70	Final
12:05	W75	Final
13:30	W80+	Final
14:40	M65	Final
16:25	M70	Final

Discus		
09:00	M35	Final
10:30	M40	Final

Javelin		
12:00	M45	Final
13:20	M50	Final
14:45	M55	Final
16:15	M60	Final

5 km Road Race		
11:00	M35-50	Final
11:05	M55+	Final
11:10	W(All)	Final

Outside the main Arena		
Long Jump		
10:00	M75	Final

16:22	400 m	W80+	Final
16:28	400 m	W75	Final
16:34	400 m	W70	Final
16:40	400 m	W65	Final
16:46	400 m	W60	Final
16:52	400 m	W55	Final
16:58	400 m	W50	Final
17:04	400 m	W45	Final
17:10	400 m	W40	Final
17:16	400 m	W35	Final
17:25	60 m	M35	SF
17:40	60 m	M40	SF
17:55	60 m	M45	SF
18:10	60 m	M50	SF
18:25	60 m	M55	SF
18:35	60 m	M60	SF
18:45	60 m	M65	SF
18:55	60 m	M70	SF
19:10	60 m	M75	SF
19:20	60 m	M80	SF
19:30	60 m	W80	SF
19:40	60 m	W75	SF
19:50	60 m	W70	SF
20:05	60 m	W65	SF
20:15	60 m	W60	SF
20:30	60 m	W55	SF
20:40	60 m	W50	SF
20:50	60 m	W45	SF
21:00	60 m	W40	SF
21:10	60 m	W35	SF

11:30	M80	Final
12:40	M85+	Final

Day 4, Monday, March 30

ARENA TRACK

08:30	60m hurdles	Pentathlon	M35
09:00	60m hurdles	Pentathlon	M40
09:15	800 m	Heats	M35
09:47	800 m	Heats	M40
10:11	800 m	Heats	M45
10:43	60m hurdles	Pentathlon	M45
11:00	800 m	Heats	M50
11:32	800 m	Heats	M55
12:02	60m hurdles	Pentathlon	M50
12:20	800 m	Heats	M60
13:00	60m hurdles	Pentathlon	M55
13:25	800 m	Heats	M65
13:49	800 m	Heats	M70
14:13	800 m	Heats	M75
14:29	800 m	Heats	M80
14:45	800 m	Heats	W60
15:00	1000 m	Pentathlon	M35
15:15	1000 m	Pentathlon	M40

ARENA FIELD

Long Jump		
09:10	M35	Pentathlon
10:25	M40	Pentathlon
11:30	M45	Pentathlon
12:30	M50	Pentathlon
14:00	M55-gr.1	Pentathlon
15:15	M55-gr.2	Pentathlon

Triple Jump		
08:00	M85+	Final
16:20	M60	Final
18:00	M65	Final
19:55	M70	Final
21:05	M75-80	Final

High Jump		
	I	
11:30	M35	Pentathlon
14:30	M45	Pentathlon
18:30	M55-gr.1	Pentathlon

High Jump		
	II	
12:45	M40	Pentathlon
15:40	M50	Pentathlon
17:45	M55-gr.2	Pentathlon

OUTSIDE THE ARENA

Discus		
08:30	M60	Final
10:10	M65	Final
12:00	M70	Final
13:35	M75	Final
15:00	M80	Final
16:10	M85+	Final

Hammer-stadium		
17:40	M55	Final

Javelin		
16:00	M35	Final
17:05	M40	Final

Weight Throw		
08:30	W35-40	Final
10:20	W45	Final
11:30	W50	Final
12:55	W55	Final
14:40	W60	Final
Hammer		
16:20	M50	Final
17:50	M45	Final

15:30	800 m	Heats	W55
15:54	800 m	Heats	W50
16:10	800 m	Heats	W45
16:34	800 m	Heats	W40
16:50	800 m	Heats	W35
17:05	60 m	Final	W35
17:10	60 m	Final	W40
17:15	60 m	Final	W45
17:20	60 m	Final	W50
17:25	60 m	Final	W55
17:30	60 m	Final	W60
17:35	60 m	Final	W65
17:40	60 m	Final	W70
17:45	60 m	Final	W75
17:50	60 m	Final	W80
17:55	60 m	Final	W85+
18:00	1000 m	Pentathlon	M45
18:20	1000 m	Pentathlon	M50
18:40	60 m	Final	M90+
18:45	60 m	Final	M85
18:50	60 m	Final	M80
18:55	60 m	Final	M75
19:00	60 m	Final	M70
19:05	60 m	Final	M65
19:10	60 m	Final	M60
19:15	60 m	Final	M55

Pole Vault		
09:00	W35-40	Final
11:30	W45-50	Final
14:00	W55-60	Final
17:00	W65+	Final

Shot Put		
09:00	W80+	Final
10:15	M35	Pentathlon
11:30	M40	Pentathlon
13:05	M45	Pentathlon
14:05	M50	Pentathlon
15:15	M55-gr.1	Pentathlon
16:30	M55-gr.2	Pentathlon
17:45	W75	Final
19:10	W70	Final
20:30	W65	Final

19:20	60 m	Final	M50
19:25	60 m	Final	M45
19:30	60 m	Final	M40
19:35	60 m	Final	M35
19:45	1000 m	Pentathlon	M55

Day 5, Tuesday, March 31

ARENA TRACK			
08:00	200 m	Heats	W35
08:20	60m Hurdles	Pentathlon	M80-85
08:25	200 m	Heats	W40
09:00	60m Hurdles	Pentathlon	M75
09:05	200 m	Heats	W45
09:30	200 m	Heats	W50
10:00	60m Hurdles	Pentathlon	M70
10:15	200 m	Heats	W55
10:30	200 m	Heats	W60
10:50	200 m	Heats	M70
11:20	200 m	Heats	M75
11:40	60m Hurdles	Pentathlon	M65
12:05	200 m	Heats	M65
12:50	200 m	Heats	M60
13:45	60m Hurdles	Pentathlon	M60
14:10	1000m	Pentathlon	M80-85
14:20	1000 m	Pentathlon	M75

ARENA FIELD		
Long Jump		

08:50	M80-85	Pentathlon
09:40	M75	Pentathlon
10:40	M70	Pentathlon
12:10	M65 gr.1	Pentathlon
13:15	M65 gr.2	Pentathlon
14:00	M60 gr.1	Pentathlon
15:15	M60 gr.2	Pentathlon

Triple Jump		
16:30	W35,W45	Final
18:00	W40	Final
19:30	W50-55	Final

High Jump		
	I	
10:40	M80-85	Pentathlon
13:25	M70	Pentathlon
15:25	M65 gr.2	Pentathlon
17:45	M60 gr.2	Pentathlon

High Jump		
	II	
11:30	M75	Pentathlon
14:20	M65 gr.1	Pentathlon
16:40	M60 gr.1	Pentathlon

OUTSIDE THE ARENA		
Javelin		

09:00	W65	Final
10:30	W70	Final
11:45	W75	Final
12:45	W80+	Final

Discus		
12:00	M45	Final
13:25	M50	Final
15:00	M55	Final

Hammer - stadium		
16:45	M85+	Final

Weight Throw		
09:00	M35-40	Final

Hammer		
10:45	M60	Final
12:10	M65	Final
14:00	M70	Final
15:30	M75	Final
17:00	M80	Final

14:30	200 m	Heats	M55
15:20	200 m	Heats	M50
16:05	200 m	Heats	M45
16:50	1000 m	Pentathlon	M70
17:00	200 m	Heats	M40
17:45	1000 m	Pentathlon	M65
18:00	200 m	Heats	M35
18:45	800 m	Final	W35
18:52	800 m	Final	W40
18:59	800 m	Final	W45
19:06	800 m	Final	W50
19:13	800 m	Final	W55
19:20	800 m	Final	W60
19:27	800 m	Final	W65
19:34	1000 m	Pentathlon	M60
19:49	800 m	Final	W70
19:57	800 m	Final	W75
20:05	800 m	Final	W80+
20:13	800 m	Final	M35
20:20	800 m	Final	M40
20:27	800 m	Final	M45
20:34	800 m	Final	M50

Pole Vault		
09:00	M35	Final
11:00	M40	Final
14:00	M45	Final
16:15	M50	Final

5 km RW		
10:00	W35-50	Final
10:40	W55+	Final
11:40	M35-50	Final
12:15	M55-65	Final
13:00	M70+	Final

Shot Put		
09:45	M80-85	Pentathlon
10:35	M75	Pentathlon
12:00	M70	Pentathlon
13:15	M65 gr.1	Pentathlon
14:20	M65 gr.2	Pentathlon
15:20	M60 gr.1	Pentathlon
16:30	M60 gr.2	Pentathlon

20:41	800 m	Final	M55
20:48	800 m	Final	M60
20:55	800 m	Final	M65
21:02	800 m	Final	M70
21:10	800 m	Final	M75
21:18	800 m	Final	M80
21:26	800 m	Final	M85+
21:34	200m	SF	W75
21:44	200m	SF	W70
21:59	200m	SF	W65
22:14	200m	SF	W60
22:24	200m	SF	W55
22:34	200m	SF	W50
22:44	200m	SF	W45
22:54	200m	SF	W40
23:09	200m	SF	W35

Day 6, Wednesday, April 1

ARENA TRACK

08:15	60 m hurdles	Pentathlon	W70+
08:25	60 m hurdles	Pentathlon	W60-65
08:36	60 m hurdles	Heats	M70
08:47	60 m hurdles	Heats	M65
09:02	60 m hurdles	Heats	M60
09:18	60 m hurdles	Heats	M55
09:33	60 m hurdles	Heats	M50
09:43	60 m hurdles	Heats	M45
09:53	60 m hurdles	Heats	M40
10:03	60 m hurdles	Heats	M35
10:14	60 m hurdles	Pentathlon	W55
10:24	200 m	SF	M85
10:34	200 m	SF	M80
10:44	60 m hurdles	Pentathlon	W50
10:59	200 m	SF	M75
11:14	200 m	SF	M70
11:29	200 m	SF	M65
11:44	60 m hurdles	Pentathlon	W40-45
12:00	200 m	SF	M60

ARENA FIELD

Long Jump		
11:40	W70+	Pentathlon
12:35	W60-65	Pentathlon
13:30	W55	Pentathlon
15:05	W50	Pentathlon
16:25	W40-45	Pentathlon
18:15	W35	Pentathlon

OUTSIDE THE ARENA

Hammer		
09:00	W55	Final
10:45	W60	Final
12:30	W65	Final
14:15	W70	Final
15:45	W75	Final
17:10	W80+	Final

TripleJump

TripleJump		
09:00	M45	Final
10:15	M40	Final
19:15	M35	Final

High Jump

I		
08:50	W70+	Pentathlon
10:45	W55	Pentathlon
12:30	W40-45	Pentathlon

High Jump

II		
09:00	W60-65	Pentathlon
11:20	W50	Pentathlon
15:00	W35	Pentathlon

Cross Country

Cross Country		
09:00	M/W 70+	Final
10:00	W55-65	Final
10:45	W35-50	Final
11:30	M60-65	Final

12:15	200 m	SF	M55
12:30	200 m	SF	M50
12:45	200 m	SF	M45
13:00	200 m	SF	M40
13:15	200 m	SF	M35
13:30	800 m	Pentathlon	W70+
13:38	800 m	Pentathlon	W60-65
13:46	1500m	Heats	M35
14:10	1500m	Heats	M40
14:26	60 m hurdles	Pentathlon	W35
14:36	800 m	Pentathlon	W55
14:52	1500m	Heats	M45
15:08	1500m	Heats	M50
15:32	1500m	Heats	M55
15:59	1500m	Heats	M60
16:26	1500m	Heats	M65
16:53	1500m	Heats	M70
17:11	1500m	Heats	M75
17:29	800 m	Pentathlon	W50
17:37	1500m	Heats	W45
17:53	1500m	Heats	W50
18:09	1500m	Heats	W55

Pole Vault		
09:00	M55	Final
12:00	M60	Final
14:00	M65	Final
16:30	M70	Final

12:15	M50-55	Final
13:00	M35-45	Final

18:27	800 m	Pentathlon	W40-45
18:43	200 m	Final	W35
18:48	200 m	Final	W40
18:53	200 m	Final	W45
18:58	200 m	Final	W50
19:03	200 m	Final	W55
19:08	200 m	Final	W60
19:13	200 m	Final	W65
19:18	200 m	Final	W70
19:23	200 m	Final	W75
19:28	200 m	Final	W80
19:33	200 m	Final	W85
19:38	800 m	Pentathlon	W35
19:46	200 m	Final	M95
19:51	200 m	Final	M90
19:56	200 m	Final	M85
20:01	200 m	Final	M80
20:06	200 m	Final	M75
20:11	200 m	Final	M70
20:16	200 m	Final	M65
20:21	200 m	Final	M60
20:26	200 m	Final	M55
20:31	200 m	Final	M50
20:36	200 m	Final	M45
20:41	200 m	Final	M40
20:46	200 m	Final	M35

20:51	60 m hurdles	Final	M85+
20:56	60 m hurdles	Final	M80
21:01	60 m hurdles	Final	M75
21:06	60 m hurdles	Final	M70
21:11	60 m hurdles	Final	M65
21:16	60 m hurdles	Final	M60
21:21	60 m hurdles	Final	M55
21:26	60 m hurdles	Final	M50
21:31	60 m hurdles	Final	M45
21:36	60 m hurdles	Final	M40
21:41	60 m hurdles	Final	M35

Day 7 , Thursday, April 2

ARENA TRACK			
09:00	4x200 m	Final	M80
09:10	4x200 m	Final	W80
09:20	4x200 m	Final	M75
09:30	4x200 m	Final	W75
09:40	4x200 m	Final	M70
09:50	4x200 m	Final	W70
10:00	4x200 m	Final	M65
10:10	4x200 m	Final	W65
10:20	4x200 m	Final	M60
10:30	4x200 m	Final	W60
10:40	4x200 m	Final	M55
10:50	4x200 m	Final	W55
11:00	4x200 m	Final	M50
11:10	4x200 m	Final	W50
11:20	4x200 m	Final	M45
11:30	4x200 m	Final	W45
11:40	4x200 m	Final	M40
11:50	4x200 m	Final	W40
12:00	4x200 m	Final	M35
12:10	4x200 m	Final	W35
12:20	1500 m	Final	W70+
12:30	1500 m	Final	W65
12:40	1500 m	Final	W60
12:50	1500 m	Final	W55
13:00	1500 m	Final	W50

ARENA FIELD		
Triple Jump		
09:00	M50	Final
10:30	M55	Final

Pole Vault		
09:00	M75	Final
11:00	M80+	Final

13:10	1500 m	Final	W45
13:19	1500 m	Final	W40
13:28	1500 m	Final	W35
13:37	1500 m	Final	M80+
13:47	1500 m	Final	M75
13:57	1500 m	Final	M70
14:07	1500 m	Final	M65
14:16	1500 m	Final	M60
14:25	1500 m	Final	M55
14:34	1500 m	Final	M50
14:42	1500 m	Final	M45
14:50	1500 m	Final	M40
14:58	1500 m	Final	M35
15:10	Closing Ceremony		
15:30	4x200 MIX	Final	80
15:40	4x200 MIX	Final	75
15:50	4x200 MIX	Final	70
16:00	4x200 MIX	Final	65
16:10	4x200 MIX	Final	60
16:20	4x200 MIX	Final	55
16:30	4x200 MIX	Final	50
16:40	4x200 MIX	Final	45
16:49	4x200 MIX	Final	40
16:58	4x200 MIX	Final	35