

TIMETABLE SUNDAY 8.4.

Running events

Time	Event	Type	Age	Heats	Time	Event	Type	Age	Heats
9:00	400m	Finals	M85,90	1	12:56			W50	1
9:04			W80	1	13:04			M50	1
9:08			M80	2	13:12			W45	1
9:16			W75	2	13:20			M45	1
9:20			M75	2	13:28			W40	1
9:28			W70	2	13:36			M40	1
9:36	"50"		M70	2	13:44			W35	1
9:44			W65	2	13:52			M35	1
9:52			M65	2					
10:00			W60	2	14:15	4x200m	Finals	M80+	
10:08			M60	2				M75	
10:16			W55	2				W75+	
10:24			M55	2				W70	
10:32			W50	2		"50"		M70	
10:40			M50	2				W65	
10:48			W45	2				M65	
10:56			M45	2				W60	
11:04			W40	2				M60	
11:12			M40	2				W55	
11:20			W35	2				M55	
11:28			M35	2				W50	
11:40	1500m	Finals	M75+	1				M50	
11:50			W70+	1				W45	
12:00			M70	1				M45	
12:10			W55,65	1				W40	
12:20	"50"		M65	1				M40	
12:30			W60	1				M35	
12:40			M60	1				W35	
12:48			M55	1					

Field events

Time	Event	Type	Age	Time	Event	Type	Age
10:00	Triple Jump	A	M50	9:30	Pole Vault	B	W65+
10:30	Triple Jump	B	M65	11:25	Pole Vault	B	W50-60
11:30	Triple Jump	B	M60	14:00	Pole Vault	B	W35-45
11:40	Triple Jump	A	M45				
13:05	Triple Jump	B	M55				
13:10	Triple Jump	A	M40				
14:35	Triple Jump	A	M35				

Non Stadia events

Time	Event	Age	Place	Time	Event	Age	Place
	Harbour			10:00	Javelin	M55	A
12:30	Half Marathon	MW35+		11:20	Javelin	M50	A
	Harju			13:00	Javelin	M45	A
11:00	Javelin	M60	B	14:35	Javelin	M40	A
12:20	Javelin	M65	B	16:00	Javelin	M35	A