

TIMETABLE FRIDAY 6.4.

Running events

Time	Event	Type	Age	Heats
10:00	400 m	Heats	M50	8
10:40			M45	9
12:15	3000 m	Finals	M75	1
12:32			M70	2
13:06			M65	1
13:23	"50"		M60	2
13:57			M55	2
16:30			M50	2
16:47			M45	1
17:04			M40	1
17:21			M35	1

Non Stadia events

Time	Event	Age	Place
	Harju		
12:00	Discus	M55	A
13:40	Discus	M50	A
15:10	Discus	M45	A
16:40	Discus	M40	A
17:40	Discus	M35	A
13:00	Hammer	W75+	B
14:15	Hammer	W70	B
15:30	Hammer	W65	B

Field events

Time	Event	Type	Age
10:00	Shot Put	A	M85-95
11:10	Shot Put	A	M80
12:35	Shot Put	A	M75
14:00	Shot Put	A	M70
15:35	Shot Put	A	M65
17:05	Shot Put	A	M60
11:00	High Jump	A	M45
13:30	High Jump	A	M40
15:10	High Jump	A	M35
10:30	High Jump	B	M60
12:40	High Jump	B	M55
15:50	High Jump	B	M50
11:00	High Jump	C	M75
12:35	High Jump	C	M70
14:45	High Jump	C	M65
10:00	Long Jump	A	W60
11:15	Long Jump	A	W55
12:30	Long Jump	A	W50
13:55	Long Jump	A	W45
15:15	Long Jump	A	W40
16:50	Long Jump	A	W35
11:00	Long Jump	B	M80+
12:25	Long Jump	B	M75
13:50	Long Jump	B	M70
15:25	Long Jump	B	W70+
17:05	Long Jump	B	W65
13:00	Pole Vault	A	M80+