

TIMETABLE SATURDAY 7.4.

Running events

Time	Event	Type	Age	Heats	Time	Event	Type	Age	Heats
10:00	60m H	Heats	M35	3	15:50			M65	2
10:12			M40	2	16:06	"50"		M60	2
10:20			M50	2	16:22			M55	2
10:28			M55	2	16:38			M50	3
10:36			M60	2	17:02			M45	2
10:44			M65	2	17:18			M40	2
10:54			M70	2	17:34			M35	2
11:02			M75	2	17:50	60m H	Finals	M80,85	
11:10			W40	2	17:55			W75	
11:18			W50	2	18:00			W70	
11:28			W60	2	18:05			W65	
11:40	400m	S-Finals	M75	3	18:10			W60	
11:52	"50"		M70	4	18:15			M75	
12:08			M65	4	18:20			M70	
12:24			M60	4	18:25			W55	
12:40			W55	4	18:30			W50	
12:56			M55	6	18:35			W45	
13:20			W50	4	18:40			W40	
13:36			M50	4	18:45			M65	
13:52			W45	4	18:50			M60	
14:08			M45	4	18:55			W35	
14:24			W40	3	19:00			M55	
14:36			M40	5	19:05			M50	
14:56			W35	3	19:10			M45	
15:08			M35	4	19:15			M40	
15:30	1500m	Heats	M70	2	19:20			M35	

Field events

Time	Event	Type	Age	Time	Event	Type	Age	Time	Event	Type	Age
9:00	Shot Put	B	W65,70	17:50	Shot Put	B	W35	14:25	Triple Jump	B	W55,60
9:30	Shot Put	A	W75+	8:30	Long Jump	A	M65	16:10	Triple Jump	B	W50
10:45	Shot Put	B	W60	10:08	Long Jump	A	M60	17:30	Triple Jump	B	W35,45
10:55	Shot Put	A	M55	11:30	Long Jump	A	M55	19:10	Triple Jump	B	W40
12:15	Shot Put	B	W55	13:10	Long Jump	A	M50	10:00	High Jump	A	W70+
12:30	Shot Put	A	M50	15:03	Long Jump	A	M45	10:15	High Jump	B	M80+
13:30	Shot Put	B	W50	16:40	Long Jump	A	M40	11:55	High Jump	A	W60
14:05	Shot Put	A	M45	18:20	Long Jump	A	M35	12:10	High Jump	B	W65
15:00	Shot Put	B	W45	9:00	Triple Jump	B	M80+	13:20	High Jump	A	W50
15:30	Shot Put	A	M40	10:20	Triple Jump	B	M75	13:35	High Jump	B	W55
16:25	Shot Put	B	W40	11:40	Triple Jump	B	M70	15:20	High Jump	B	W35,45
17:05	Shot Put	A	M35	13:00	Triple Jump	B	W65+	15:30	High Jump	A	W40

Non Stadia events

Time	Event	Age	Place	Time	Event	Age	Place
	Harbour				Harju		
11:00	RW 10KM	M35-50		12:00	Javelin	M85+	A
12:30	RW 10KM	W35-55		13:10	Javelin	M80	A
14:00	RW 10KM	M55,60		14:25	Javelin	M75	A
15:30	RW 10KM	W60+		15:35	Javelin	M70	A
17:15	RW 10KM	M65+	RW=Road Walk				