

PROGRAM/TIME TABLE

DATE	CALL ROOM TIME	RACE TIME	EVENT	SEX	GROUPS
2010-09-18	06:30	07:00	5000 M WALK	MEN	35 - 55
2010-09-18	07:00	07:30	5000 M WALK	WOMEN	30 +
2010-09-18	07:30	08:00	HALF MARATHON	MEN/WOMEN	ALL
2010-09-18	08:00	08:30	DISCUS	WOMEN	50 +
2010-09-18	08:00	08:30	80 HURDLES	MEN	70 +
2010-09-18	07:55	08:30	HIGH JUMP	WOMEN	30 +
2010-09-18	07:55	08:30	SHOT PUT	MEN	80 +
2010-09-18	08:15	08:45	100 HURDLES	WOMEN	30 - 35
2010-09-18	08:20	09:00	LONG JUMP (A)	WOMEN	50 +
2010-09-18	08:20	09:00	LONG JUMP (B)	WOMEN	30 - 45
2010-09-18	08:25	09:00	SHOT PUT	MEN	70 - 75
2010-09-18	08:30	09:05	100 HURDLES	MEN	60 - 65
2010-09-18	08:50	09:20	100 HURDLES	MEN	50 - 55
2010-09-18	08:55	09:30	SHOT PUT	MEN	60 - 65
2010-09-18	08:55	09:30	DISCUS	WOMEN	30 - 45
2010-09-18	09:00	09:35	100 HURDLES	MEN	35 - 45
2010-09-18	09:30	10:00	300 HURDLES	MEN	60 +
2010-09-18	09:40	10:15	SHOT PUT	MEN	50 - 55
2010-09-18	09:45	10:15	400 HURDLES	WOMEN	30 - 45
2010-09-18	10:00	10:30	DISCUS	MEN	60 +
2010-09-18	10:10	10:40	400 HURDLES	MEN	50 - 55
2010-09-18	10:30	11:00	400 HURDLES	MEN	35 - 45
2010-09-18	11:00	11:30	SHOT PUT	MEN	35 - 45
2010-09-18	11:00	11:30	DISCUS	MEN	50 - 55
2010-09-18	11:30	12:00	100 M	WOMEN	30 +

09-18					
2010-09-18	12:00	12:20	100 M	MEN	65 +
2010-09-18	12:15	12:45	DISCUS	MEN	35 - 45
2010-09-18	12:30	12:45	100 M	MEN	55 - 60
2010-09-18	12:45	13:05	100 M	MEN	45 - 50
2010-09-18	13:20	13:35	100 M	MEN	35 - 40
2010-09-18	13:40	13:55	800 M	WOMEN	30 +
2010-09-18	14:00	14:15	800 M	MEN	65 +
2010-09-18	14:15	14:35	800 M	MEN	55 - 60
2010-09-18	14:30	14:55	800 M	MEN	45 - 50
2010-09-18	14:45	15:00	800 M	MEN	35 - 40
2010-09-18		15:30	OPENING CEREMONY		
2010-09-18	16:00	16:30	5000 M WALK	MEN	60 +
2010-09-18	16:00	16:30	JAVELIN	MEN	35 - 45
2010-09-18	16:15	17:00	POLE VAULT	MEN	35 +
2010-09-18	16:25	17:00	SHOT PUT	WOMEN	60 +
2010-09-18	16:55	17:30	SHOT PUT	WOMEN	50 - 55
2010-09-18	16:55	17:30	JAVELIN	MEN	50 - 55
2010-09-18	17:05	17:30	5000 M	MEN	55 +
2010-09-18	17:35	18:05	5000 M	WOMEN	30 +
2010-09-18	17:45	18:15	SHOT PUT	WOMEN	40 - 45
2010-09-18	18:00	18:30	LONG JUMP (A)	MEN	50 +
2010-09-18	18:00	18:30	LONG JUMP (B)	MEN	35 - 45
2010-09-18	18:00	18:35	5000 M	MEN	45 - 50
2010-09-18	18:25	19:00	JAVELIN	MEN	60 +
2010-09-18	18:25	19:00	SHOT PUT	WOMEN	30 - 35

2010-09-18	18:35	19:05	5000 M	MEN	35 - 40
2010-09-18	19:00	19:30	JAVELIN	WOMEN	30 - 45
2010-09-18	19:10	19:40	4 X 100	WOMEN	ALL
2010-09-18	19:30	20:00	4 X 100	MEN	ALL
2010-09-18	19:45	20:15	JAVELIN	WOMEN	50 +

DATE	CALL ROOM TIME	RACE TIME	EVENT	SEX	GROUPS
2010-09-19	07:45	08:00	400 M	WOMEN	30 +
2010-09-19	08:00	08:15	400 M	MEN	65 +
2010-09-19	08:15	08:30	400 M	MEN	55 - 60
2010-09-19	08:30	08:45	400 M	MEN	45 - 50
2010-09-19	08:45	09:00	400 M	MEN	35 - 40
2010-09-19	08:30	09:00	TRIPLE JUMP	WOMEN	30 +
2010-09-19	08:30	09:00	HAMMER	MEN	70 +
2010-09-19	09:00	09:30	HIGH JUMP	MEN	35 +
2010-09-19	09:20	10:00	HAMMER	MEN	60 - 65
2010-09-19	09:20	10:00	TRIPLE JUMP	MEN	35 +
2010-09-19	09:40	10:15	200 M	WOMEN	30 +
2010-09-19	10:15	10:45	200 M	MEN	65 +
2010-09-19	10:20	11:00	HAMMER	MEN	50 - 55
2010-09-19	10:45	11:15	200 M	MEN	55 - 60
2010-09-19	11:15	11:45	200 M	MEN	45 - 50
2010-09-19	11:30	12:00	200 M	MEN	35 - 40
2010-09-19	11:20	12:00	HAMMER	MEN	35 - 45
2010-09-19	12:00	12:30	1500 M	WOMEN	30 +
2010-	12:45	13:15	1500 M	MEN	35 - 40

09-19					
2010-09-19	13:15	13:45	1500 M	MEN	45 - 50
2010-09-19	13:45	14:15	1500 M	MEN	55 - 60
2010-09-19	14:15	14:45	1500 M	MEN	65 +
2010-09-19	14:45	15:00	4 X 400 M	MEN	35 +
2010-09-19	15:00	15:20	4 X 400 M	WOMEN	30 +
2010-09-19		15:30	CLOSING CEREMONY		
