

Tuesday 19 March | Day 3

MEDAL CEREMONY nowy

Hour	Event	Cat.
09:30	Shot Put	M65
09:35	Long Jump	M40
09:40		
09:45	Long Jump	M85
09:50	Long Jump	M90
09:55	Cross Country 6km	W70
10:00	Cross Country 6km team	W70
10:05	Cross Country 6km	W75
10:10	Cross Country 6km team	W75
10:15	Cross Country 6km	W80
10:20	Cross Country 6km team	W80
10:25	Cross Country 6km	W85
10:30	Cross Country 6km team	W85
10:35	Cross Country 6km	M80
10:40	Cross Country 6km team	M80
10:45	Cross Country 6km	M85
10:50	Cross Country 6km team	M85
10:55	Cross Country 6km	M90
11:00	Cross Country 6km team	M90
11:05	Shot Put	M75
11:10	Long Jump	M70
11:15	Cross Country 6km	M70
11:20	Cross Country 6km team	M70
11:25	Cross Country 6km	M75
11:30	Cross Country 6km team	M75
11:35	Weight Throw	W65
11:40	Javelin Throw	M45
11:45	Triple Jump	W60
11:50	Cross Country 8km	W55
11:55	Cross Country 8km team	W55
12:00	Cross Country 8km	W60
12:05	Cross Country 8km team	W60
12:10	Cross Country 8km	W65
12:15	Cross Country 8km team	W65
12:20		
12:25		
12:30		
12:35	Javelin Throw	M50

12:39	Weight Throw	W70
12:43	Cross Country 8km	W45
12:47	Cross Country 8km team	W45
12:51	Cross Country 8km	W50
12:55	Cross Country 8km team	W50
12:59	Shot Put	M70
13:03	Shot Put	M80
13:07	Long Jump	M65
13:11	Cross Country 8km	W35
13:15	Cross Country 8km team	W35
13:19	Cross Country 8km	W40
13:23	Cross Country 8km team	W40
13:27	Triple Jump	W65
13:31	Weight Throw	W75
13:35	Weight Throw	W80
13:39	Weight Throw	W85
13:43	Shot Put	M85
13:47	Shot Put	M90
13:51	Javelin Throw	M55
13:55	Cross Country 8km	M65
13:59	Cross Country 8km team	M65
14:03		
14:07	Triple Jump	W70
14:11	Triple Jump	W75
14:15	Triple Jump	W80
14:19	Cross Country 8km	M60
14:23	Cross Country 8km team	M60
14:27	3000m RW	W35
14:31	3000m RW	W35
14:35	3000m RW	W40
14:39	3000m RW	W45
14:43	3000m RW	W50
14:47	Long Jump	M75
14:51	Long Jump	M80
14:55	Weight Throw	M65
14:59	Shot Put	W35
15:03	3000m RW	W55
15:07	3000m RW	W60
15:11	Javelin Throw	M60
15:15	Cross Country 8km	M55
15:19	Cross Country 8km team	M55
15:23		
15:27		

15:31		
15:35	3000m RW	W65
15:39	3000m RW	W70
15:43	3000m RW	W75
15:47	3000m RW	W80
15:51	3000m RW	W85
15:55		
15:59		
16:03	Shot Put	W40
16:07	Discuss Throw	M40
16:11	400m	W90
16:15	400m	W85
16:19	400m	W80
16:23	Weight Throw	M70
16:27	400m	W75
16:31	400m	W70
16:35	400m	W65
16:39	400m	W60
16:43	400m	W55
16:47	400m	W50
16:51	Long Jump	M60
16:55	Cross Country 8km	M50
16:59	Cross Country 8km team	M50
17:03	400m	W45
17:07	400m	W40
17:11	400m	W35
17:15	Cross Country 8km	M45
17:19	Cross Country 8km team	M45
17:23		
17:27		
17:31	Shot Put	W45
17:35	Cross Country 8km	M40
17:39	Cross Country 8km team	M40
17:43	Discuss Throw	M35
17:47	400m	M90
17:51	400m	M85
17:55	400m	M80
17:59	400m	M75
18:03	400m	M70
18:07	400m	M65
18:11	400m	M60
18:15	Long Jump	M55
18:19		

18:23	Cross Country 8km	M35
18:27	Cross Country 8km team	M35
18:31	400m	M55
18:35	400m	M50
18:39	400m	M45
18:43	400m	M40
18:47	400m	M35
18:51	Shot Put	W50