

2.1. Men's Daily Program

20 February Cross Run M35 – M75+

21 February

400 Meters (Heats) M35 M40 M45 M50 M55 M60 M65 M70 M75+

3.000 Meters Walk (Final) M60 M65 M70 M75+

High Jump (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

Hammer Throw (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

22 February

800 Meters (Heats) M35 M40 M45 M50 M55 M60 M65 M70 M75+

400 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

60 Meters (Heats) M60 M65 M70

3.000 Meters Walk (Final) M35 M40 M45 M50 M55

Long Jump (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

Pole Vault (Final) M45 M50 M55 M60

23 February

60 Meters (Heats) M35 M40 M45 M50 M55 M75+

800 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

60 Meters (Semifinals) M35 M40 M45 M50 M55 M60 M65 M70

3.000 Meters (Final) M65 M70 M75+

Pole Vault (Final) M35 M40 M65 M70+

Shot Put (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

24 February

3.000 Meters (Final) M35 M40 M45 M50 M55 M60

60 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75 +

200 Meters (Heats) M55 M60 M65 M70 M75

Triple Jump (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

Discus Throw (Final) M60 M65 M70 M75+ M35 M40 M45 M50 M55

25 February

Pentathlon M35 M40 M45 M50

200 Meters (Heats) M35 M40 M45 M50

60 Meters Hurdles (Heats) M35 M40 M45 M50 M55 M60 M65 M70

200 Meters (Semifinals)M35 M40 M45 M50 M55 M60 M65 M70

Weight Throw (Final) M45 M50 M55 M60 M65 M70 M75+

26 February

Pentathlon M55 M60 M65 M70 M75+

1500 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

200 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

60 Meters Hurdles (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

5.000 Meters Road Walk (Final) M35 M40 M45 M50 M55 M60 M65+

Javelin Throw M35 M40 M45 M50 M55 M60 M65 M70 M75+

Weight Throw M35 M40

27 February

4x200 Meters (Final) M35 M40 M45 M50 M55 M60 M65 M70 M75+

Half Marathon (Open Race) All

2.2. Women's Daily Program

20 February Cross Run W35 – W 75+

21 February

400 Meters (Heats) W35 W40 W45 W50 W55 W60 W65+
3.000 Meters Walk (Final) W35 W40 W45 W50 W55 W60 W65+
Long Jump (Final) W35 W40 W45 W50 W55 W60 W65 W70+

22 February

800 Meters (Heats) W35 W40 W45 W50 W55 W60
400 Meters (Final) W35 W40 W45 W50 W55 W60 W65 W70+
High Jump (Final) W35 W40 W45 W50 W55 W60 W65+
Hammer Throw (Final) W55 W60 W65 W70 W75+ W35 W40 W45 W50

23 February

60 Meters (Heats) W35 W40 W45 W50 W55 W60 W65+
800 Meters (Final) W35 W40 W45 W50 W55 W60 W65 W70+
60 Meters (Semifinals) W35 W40 W45 W50
3.000 Meters (Final) W65+
Triple Jump (Final) W35 W40 W45 W50 W55 W60 W65 W70+
Discus Throw (Final) W55 W60 W65 W70 W75+ W35 W40 W45 W50

24 February

3.000 Meters (Final) W35 W40 W45 W50 W55 W60
60 Meters (Final) W35 W40 W45 W50 W55 W60 W65 W70 W75+
200 Meters (Heats) W55 W60 W65+
Shot Put (Final) W35 W40 W45 W50 W55 W60 W65 W70 W75+
Pole Vault (Final) W35 W40 W45 W50 W55+

25 February

200 Meters (Heats) W35 W40 W45 W50

60 Meters Hurdles (Heats) W35 W40 W45 W50 W55 W60 W65

200 Meters (Semifinals) W35 W40 W45 W50 W55 W60

26 February

1500 Meters (Final) W35 W40 W45 W50 W55 W60 W65+

200 Meters (Final) W35 W40 W45 W50 W55 W60 W65 W70 W75 W80+

60 Meters Hurdles (Final) W35 W40 W45 W50 W55 W60 W65 W70+

5.000 Meters Road Walk (Final) W35 W40 W45 W50+

Weight Throw (Final) W35 W40 W45 W50 W55 W60 W65 W70 W75+

27 February

4x200 Meters (Final) W35 W40 W45 W50 W55 W60 W65+

Pentathlon W35 W40 W45 W50 W55 W60 W65+

Javelin Throw (Final) W35 W40 W45 W50 W55 W60 W65 W70+

Half Marathon (Open Race) All