

MASTER 2023 ATHLETICS

International Meeting



28 e 29 de janeiro de 2023 / January 28-29, 2023
Centro Desportivo da **Madeira** - Ribeira Brava

PROGRAMA-HORÁRIO / PROGRAM-TIMETABLE

28 DE JANEIRO / SATURDAY – FUNCHAL (RG3)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
9:45	PESO / SHOT	F / WOMEN	ALL	2 / 3 / 4 KG
10:25	PESO / SHOT	M / MEN	ALL	3 / 4 / 5 / 6 / 7,26 KG
11:10	MARTELO / HAMMER	F+M / MIXED	ALL	2 / 3 / 4 / 5 / 6 / 7,26 KG

28 DE JANEIRO / SATURDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
15:00	60 M	F / WOMEN	ALL	
15:15	60 M	M / MEN	ALL	
15:20	DARDO / JAVELIN	F / WOMEN	ALL	400G/500G/600G
15:30	COMPRIMENTO / LONG JUMP	M / MEN	ALL	TÁBUA/BOARD: 1M / 2,5M
15:40	1 500 M	F / WOMEN	ALL	
16:00	1 500 M	M / MEN	ALL	
16:15	DARDO / JAVELIN	M / MEN	ALL	400G/500G/600G/700G/800G
16:15	COMPRIMENTO / LONG JUMP	F / WOMEN	ALL	TÁBUA/BOARD: 1M / 2,5M
16:20	400 M	F / WOMEN	ALL	
16:35	400 M	M / MEN	ALL	
17:00	VARA / POLE VAULT	F+M / MIXED	ALL	1,80M →
17:00	4 x 100 M	F / WOMEN	ALL	
17:00	4 x 100 M	M / MEN	ALL	
17:15	3 000 M WALK	F / WOMEN	ALL	
17:15	5 000 M WALK	M / MEN	ALL	

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29 DE JANEIRO / SUNDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
9:45	3 000 M	M / MEN	TODOS	
10:00	TRIPLO / TRIPLE JUMP	F+M / MIXED	TODOS	
10:05	3 000 M	F / WOMEN	TODOS	
10:05	3 000 M	M / MEN	M60+	
10:15	Disco / DISCUS	M / MEN	TODOS	1KG / 1,5KG / 2 KG
10:30	200 M	F / WOMEN	TODOS	
10:45	200 M	M / MEN	TODOS	
11:00	ALTURA / HIGH JUMP	F+M / MIXED	TODOS	1,00m (+4) →
11:00	Disco / DISCUS	F / WOMEN	TODOS	750G / 1KG
11:00	800 M	F / WOMEN	TODOS	
11:10	800 M	M / MEN	TODOS	
11:30	60 MB / 60 HURDLES	M / MEN	M35 → M49	13,72+9,14m - 0,99m / 5H
11:35	60 MB / 60 HURDLES	F+M / MEN	F35 → F39 M50 → M59	F: 13+8,5m - 0,84m / 5B M: 13+8,5m - 0,91m / 5B
11:40	60 MB / 60 HURDLES	F+M / MEN	F40 → F49 M60 → M69	F: 12+8m - 0,76m / 5B M: 12+8m - 0,84m / 5B
11:45	60 MB / 60 HURDLES	F+M / MIXED	F50 → F59 M70 → M79	12+7m - 0,76m / 5B
12:00	4 x 400 M	F / WOMEN	ALL	
12:00	4 x 400 M	M / MEN	ALL	