

Prova di Gran Prix GROSSETO 2016

Programma orario definitivo

Time	FRIDAY afternoon	Field
16,00	Discus 51-57 M	1
16,00	Long jump 11-12 M/F	
16,30	Shot put 35-38 M/F	6
17,30	800m	
17,30	High jump 47 M	
17,30	Javelin 40-46 M/F	2
17,45	Javelin 33-34 M	4

Time	SATURDAY morning	Field
9,30	Shot put 52-54 M	4
10,00	Javelin 35-38 M/F	2
10,00	Javelin 52-57 F	1
10,30	200m	
10,30	Triple jump 20 M	
10,40	Shot put 11-13; 20 F	6
10,45	Shot put 55-57 M	4
10,45	Discus 32-34 M	1
11,20	Shot put 11-13; 20 M	6

Pausa

Time	SATURDAY afternoon	Field
15,40	Long jump 20 M	
16,00	Shot put 40-46 F	6
16,30	Discus 51-57 F	1
16,40	Shot put 40-46 M	6
16,45	400m	
16,45	Shot put 32-33 M	4
17,00	Long jump 20; 35-38; 42-47 F	
17,45	Shot Put 34 F	4
17,50	Discus 11-13; 35-38 F	5
18,00	Shot Put 34 M	4
18,20	Long jump 35-38; 42-47 M	
18,30	1500m	
18,40	Discus 11-13; 35-38 M	5

Time	SUNDAY	Field
9,30	100m QUALIFICATION	
9,30	Shot put 52-57 F	4
9,30	Javelin 11-13 M/F	2
9,30	Javelin 52-54 M	3
10,00	5000m	
10,10	Discus 40-46 M/F	5
10,15	Javelin 57 M	4
10,30	100m FINALS	
10,45	Javelin 55-56 M	3
11,00	Club 31-32-51 M/F	1
12,00	4 x 100m	

**N.B. Solo la specialità dei 100m prevede le qualificazioni e la finale.
Le altre specialità di corsa verranno effettuate in SERIE.**