

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYTE
8:40	60 Hurdles	M70	2	Heat
8:55	60 Hurdles	M65	2	Heat
9:10	60 Hurdles	M60	3	Heat
9:30	60 Hurdles	M55	3	Heat
9:45	60 Hurd.	M50	4	Heat
10:10	60 Hurdles	W55	1	Pentathlon
10:18	60 Hurdles	W60+	1	Pentathlon
10:25	60 Hurd.	M45	2	Heat
10:35	60 Hurdles	M40	2	Heat
10:45	60 Hurdles	M35	2	Heat
11:00	200	M70	4	Semif.
11:10	200	M65	3	Semif.
11:25	200	M60	3	Semif.
11:40	200	M55	3	Semif.
11:55	60 Hurdles	W50	2	Pentathlon
12:05	200	M50	4	Semif.
12:25	200	W50	2	Semif.
12:35	200	M45	3	Semif.
12:50	200	M40	3	Semif.
13:05	60 Hurdles	W45	2	Pentathlon
13:15	200	W35	2	Semif.
13:25	200	M35	3	Semif.
13:40	1500	M80+	1	Final
13:50	1500	M75	1	Final
14:00	1500	M70	1	Final
14:08	60 Hurdles	W35	2	Pentathlon
14:13	60 Hurdles	W40	2	Pentathlon
14:30	1500	W65 &+	2	Final
14:50	1500	M65	1	Final
15:00	1500	W55/60	1	Final
15:10	1500	M60	2	Final
15:30	1500	W45/50	1	Final
15:40	1500	M55	2	Final
16:00	800	W55 &+	2	Pentathlon
16:15	1500	M50	2	Final
16:35	1500	M45	2	Final
17:05	1500	M40	2	Final
17:25	800	W50	2	Pentathlon
17:40	1500	M35	2	Final
18:00	1500	W35/40	2	Final
18:20	800	W45	2	Pentathlon
18:40	200	M90+		Final
18:45	200	W80 &+		Final
18:50	200	M85		Final
18:55	200	M80		Final
19:00	200	W75		Final
19:05	200	M75		Final
19:10	200	W70		Final
19:15	200	M70		Final
19:20	200	W65		Final
19:25	200	M65		Final
19:30	200	W60		Final
19:35	200	M60		Final
19:40	200	W55		Final
19:45	200	M55		Final
19:50	200	W50		Final
19:55	200	M50		Final
20:00	800	W35/40	2	Pentathlon
20:10	200	W45		Final
20:15	200	M45		Final
20:20	200	W40		Final
20:25	200	M40		Final
20:30	200	W35		Final
20:35	200	M35		Final

FRIDAY 27th							
SPORTS HAL CONTESTS							
TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
9:00	Triple Jump	M80 & +					
10:20	Triple Jump	M70/75					
11:10					High Jump	W55 & +	Pentathlon
11:30					Shot Put	M70	Final
11:50	Triple Jump	M65					
12:35					High Jump	W50	Pentathlon
13:00					Shot Put	W55 & +	Pentathlon
13:10	Triple Jump	M60					
13:40					High Jump	W45	Pentathlon
14:10					Shot Put	W50	Pentathlon
14:40					Long Jump	W55 & +	Pentathlon
14:50					High Jump	W35/40	Pentathlon
15:20					Shot Put	W45	Pentathlon
15:30					Long Jump	W50	Pentathlon
16:30	Pole Vault	W55 & +	Final				
16:50					Shot Put	W35/40	Pentathlon
16:50					Long Jump	W45	Pentathlon
18:00	Pole Vault	W35/50	Final		Shot Put	M65	Final
18:20					Long Jump	W35/40	Pentathlon
19:30	Triple Jump	M55	Final		Shot Put	M60	Final

STADIUM				THROWING FIELD			
DISCUS				WEIGHT THROW			
TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
9:00	Discus	M55	Final	9:00	Weight Throw	W70 & +	Final
11:00	Discus	M50	Final	10:20	Weight Throw	W60/65	Final
13:00	Discus	M45	Final	11:50	Weight Throw	W55	Final
14:00	Discus	M40	Final	12:50	Weight Throw	W50	Final
15:00	Discus	M35	Final	13:40	Weight Throw	W45	Final
				15:10	Weight Throw	W35/40	Final

CROSS COUNTRY			
TIME	VENUE	CAT.	TYPE
9:00	5km	M75 & +	Final
9:45	5km	M65/70	Final
10:30	5km	M60	Final
11:00	5km	M55	Final
11:30	5km	M50	Final
12:00	5km	M45	Final
12:30	5km	M40	Final
13:00	5km	M35	Final
13:30	5km	W60 & +	Final
14:20	5km	W50/55	Final
15:00	5km	W35/40/45	Final

SATURDAY 28th

SPORTS HALL RACES

TIME		CAT.		TYPE
08:25	60 Hurdles	W45		Heat
08:35	60 Hurdles	W40		Heat
08:45	60 Hurdles	M50		Semif.
9:00	60 Hurdles	M80		Final
9:05	60 Hurdles	W70		Final
9:10	60 Hurdles	W65		Final
9:15	60 Hurdles	W60		Final
9:20	60 Hurdles	M75		Final
9:25	60 Hurdles	M70		Final
9:30	60 Hurdles	W55		Final
9:35	60 Hurdles	W50		Final
9:40	60 Hurdles	W45		Final
9:45	60 Hurdles	W40		Final
9:50	60 Hurdles	W35		Final
9:55	60 Hurdles	M65		Final
10:00	60 Hurdles	M60		Final
10:10	60 Hurdles	M55		Final
10:15	60 Hurdles	M50		Final
10:25	60 Hurdles	M45		Final
10:30	60 Hurdles	M40		Final
10:35	60 Hurdles	M35		Final
10:45	EMA Awards - European Best Masters 2014, Hanging over flag to EMACI Ancona 2016			
11:15	EMACI Torun LOC Awards			
11:30	4x200	M80		Final
11:50	4x200	M75		Final
12:05	4x200	M70		Final
12:20	4x200	W70		Final
12:35	4x200	M65		Final
12:50	4x200	W65		Final
13:05	4x200	M60		Final

SPORTS HALL CONTESTS

TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
8:30	Triple Jump	M50	Final				
9:00					Shot Put	M50	Final
10:00	Triple Jump	M45	Final				
11:30	Triple Jump	M40	Final				
11:45					Shot Put	M55	Final
12:30	Triple Jump	M35	Final				

STADIUM

DISCUS

TIME	VENUE	CAT.	TYPE	TIME	VENUE	CAT.	TYPE
09:00	Discus	W75 & +	Final	8:30	Weight Throw	M60	Final
09:40	Discus	W65/70	Final				
11:00	Discus	W60	Final	9:30	Weight Throw	M65	Final
11:50	Discus	W55	Final	10:45	Weight Throw	M70	Final
12:40	Discus	W50	Final	12:00	Weight Throw	M75 & +	Final
13:30	Discus	W45	Final	13:00	Discus B	W35/40	Final

THROWING FIELD & STADIUM

WEIGHT THROW & DISCUS

5 KILOMETERS WALK

TIME	VENUE	CAT.	TYPE
9:00	5km Walk	W55&+	Final
9:50	5km Walk	M70 & +	Final
10:40	5km Walk	M60/65	Final
11:20	5km Walk	M50/55	Final
12:00	5km Walk	W35/40/45/50	Final
12:40	5km Walk	M35/40/45	Final

13:20	4x200	W60		Final
13:40	4x200	M55		Final
13:55	4x200	W55		Final
14:10	4x200	M50		Final
14:25	4x200	W50		Final
14:40	4x200	M45		Final
14:55	4x200	W45		Final
15:10	4x200	M40		Final
15:25	4x200	W40		Final
15:40	4x200	M35		Final
15:55	4x200	W35		Final