

Friday, August 2, 2024

SESSION 1- Track

Hours	Event	M/W	Number of athletes
13:00	80m hurdles pentathlon (40-44 + 45-49) 30 inch.	W	(2)
13:15	80m hurdles pentathlon (50-54 +65-69 + 70-74 30 inch. (1) + 27inch (1 ) + 27inch (1)	W	(3)
13:30	10 000m	M/W	11 men + 3 women
16:15	200m pentathlon	M	(8)
16:20	200m pentathlon	M	(8)
17:05	800m pentathlon	W	(5)
18:40	1500m pentathlon	M	(16)
15:30	<b>Awards presentation</b> 10 000 m	W + M	
19:00	<b>Awards presentation</b> Pentathlon +Throws Pentathlon End of session 1 (track)		

Friday, August 2, 2024

SESSION 1- Field

Hours	Event	M/W	Round	Number of athletes
12:00	Hammer <b>Throws Pentathlon</b>	M	Final	(17)
12:30	Long Jump Pentathlon	M	Final	(16) Plateau A
13:20	Hammer <b>Throws Pentathlon</b>	W	Final	(8)
13:30	Shot Put <b>Throws Pentathlon</b>	M	Final	(17) Plateau A
13:45	High Jump Pentathlon	W	Final	(5)
14:20	Shot Put <b>Throws Pentathlon</b>	W	Final	(8) Plateau B
14:30	Javelin Pentathlon	M	Final	(16)
14:45	Discus <b>Throws Pentathlon</b>	M	Final	(17)
15:30	Shot Put Pentathlon	W	Final	(5)
16:00	Javelin Pentathlon	M	Final	(17)
16:00	Discus <b>Throws Pentathlon</b>	W	Final	(8)
16:15	Long Jump Pentathlon	W	Final	(5)
17:00	Discus Pentathlon	M	Final	(16)
17:10	Javelin <b>Throws Pentathlon</b>	W	Final	(8)
18:10	Weight Throw <b>Throws Pentathlon</b>	M	Final	(17)
19:30	Weight Throw <b>Throws Pentathlon</b>	W	Final	(8)
	End of session 1 (Field)			

Saturday, August 3 2024

SESSION 2 - Track

Track				
Hours	Event	M/W	Round	Number of athletes
9:00	1500m walk	W/M	Final	8 men + 8 women
9:25	1500m	W	Final	1 heat (11)
	1500m	M	Final	3 heats
9:45				H1 30-49 (11)
9:55				H2 50-64 (16)
10:10				H3 65 et + (11)
10:35	80m Hurdles	W	Final	1 heat 40-45 (3)
10:40	80m Hurdles	W	Final	1 heat 50-54 (1) 55-59 (1) 60-64 (1)
10:45	80m Hurdles	M	Final	1 heat 70-74 (2) 80-84 (1)
11:00	100m Hurdles	M	Final	1 heat 50-54 (1) 55-59 (1) 65-69 (1)
11:05	110m Hurdles	M	Final	1 heat 30-34 (1)
11:10	110m Hurdles	M	Final	1 heat 30-34 (1)
11:20	100m	W	Final	H1-30-34 (1)-35-39 (4)
11:25	100m	W	Final	H2-40-44 (4)- 45-49 (3) 50-54 (1)
11:30	100m	W	Final	55-59 (6)
11:35	100m	W	Final	60-64 (3)-65-69(1) 70-74 (2)- 75-79 (1)
	Lunch			

Saturday, August 3 2024

SESSION 3 - Track

Track				
Hours	Event	M/W	Round	Number of athletes
12:30	Awards presentation		1500m walk+ 1500m + Hurdles	
13:00	100m	M	Final	30-34 (5)
13:05	100m	M	Final	35-39 (4)
13:10	100m	M	Preliminary	40-44 (6)
13:15	100m	M	Preliminary	40-44 (6)
13:20	100m	M	Final	45-49 (6)
13:25	100m	M	Final	50-54 (10)
13:35	100m	M	Final	55-59 (7)
13:40	100m	M	Final	70-74 (6)
13:45	100m	M	Final	60-64 (10)
13:55	100m	M	Final	65-69 (7)
14:00	100m	M	Final	70-74 (6)
14:05	100m	M	Final	75-79 (3)
14:10	100m	M	Final	80-84 (3)
14:15	100m	M	Final	85-89 (3) 90-94 (1)
14:25	400m	W	FSC	35-39 (1) +40-44 (3) + 45-49 (3)
14:30	400m	W	FSC	50-54 (2) 55-59 (2)
14:35	400m	W	FSC	65-69 (4)
14:40	400m	M	FSC	30-34 (3)
14:45	400m	M	FSC	40-44 (6)
14:50	400m	M	FSC	45-49 (7)
14:55	400m	M	FSC	50-54 (4)
15:00	400m	M	FSC	50-54 (5)
15:05	400m	M	FSC	55-59 (4) + 60-64 (4)
15:10	400m	M	FSC	65-69 (3) + 70-74 (4)
15:15	400m	M	FSC	1h 75-79 (4) + 80-84 (2)
15:25	100m	M	Final	40-44 (8)
15:45	2000m STEEPLE	W + M	Final	F (4) + H (5) -30inch
16:05	3000m STEEPLE	M	Final	30-34 (1) + 44-49 (1) -36inch
16:30	Relays 4 X 100m		Final	(3)
16:50	Relays 4 X 800m		Final	
17:10	<b>Awards presentation</b> -100m-400m-2000m steeple- 3000m steeple-relays-discus			
End of session 3 (track)				

Saturday, August 3 2024

SESSION 2-3 - Field

Hours	Event	Field	M/W	Round	Number of athletes
9:00	Long Jump		W	Final	(13) Plateau A
9:00	Shot Put		W	Final	(15) Plateau A
9:00	Hammer		M	Final	(25)
10:00	Pole Vault		W/M	Final	(10) M + (3) W
11:15	Hammer		W	Final	(8)
12:00	<b>Lunch</b>				
13:00	Shot Put		M	Final	30-59 (19) - Plateau A
13:00	Shot Put		M	Final	60 + (21) Plateau B
13:00	Discus		W	Final	(15) Plateau A
14:00	Long Jump		M	Final	30-54 (16) Plateau A
14:00	Long Jump		M	Final	55+ (15) Plateau B
14:10	Discus		M	Final	60+ (25)
16:15	Discus		M	Final	35-59 (19)
16:10	<b>Awards presentation</b> -long jump-shot put-hammer-pole vault-discus				
	End of session 3 (field)				

Sunday, August 4 2024

SESSION 4 – Track

Track				
Hours	Event	M/W	Round	Number of athletes
9:00	5000m walk	W + M	Final	W (10) + M (5)
9:45	5000m	W + M	Final	(17) 65-69-70-74-80-84
10:30	5000m	M	Final	(21)
11:15	400m Hurdles	W	Final	1h (3)- 30 inch.
11:22	400m Hurdles	M	Final	1h (4)
11:35	300m Hurdles	W	Final	1h (3)-30 incj. + 27 inch.
11:50	300m Hurdles	M	Final	1h (3)-30 inch. 60-64,65-69
11:58	300m Hurdles	M	Final	1h (3)- 27 inch. 70-74
12:00	<b>Lunch</b>			
12:30	<b>Awards presentation</b> 5000m walk-5000m-400m Hurdles -300m Hurdles			
13:00	800m	W	Final	1h (13)
13:10	800m	M	Final	1h (11) 30-34,35-39,45-49
13:18	800m	M	Final	1h (15) 40-44,50-54,55-59
13:24	800m	M	Final	1h (13) 60-64,65-69,70-74
13:34	800m	M	Final	1h (6) 75-79,80-84
13:45	200m	W	Final	1h (8) 35-39, 40-44
13:50	200m	W	Final	1h (7) 45-49, 50-54-
13:55	200m	W	Final	1h (8) 55-59,65-69,70-74
	200m	M	Final	H1 -(3) 30-34 H2 -(5) 40-44 H3 -(4) 40-44 H4 -(7) 45-49 H5 -(5) 50-54 H6 -(4) 50-54 H7 -(5) 55-59 H8 - (8) 60-64 H9 - (7) 65-69 H10-(4) 70-74 H11-(7) 75-79, 80-84, 85-89
14:05				
15:20	Relais 4 x 400m	W/M	Final	
16:15	<b>Awards presentation</b> 800m-200m-relays 4 x 400m			

**End of session 4 (track)**

Sunday, August 4 2024  
SESSION 4 – Field

Hours	Field Event	M/W	Round	Number of athletes
9:00	Javelin 400gr	M	Final	80 + (3)
	Javelin 600 gr	W	Final	30-49 (8)
9:00	High Jump	M	Final	30-59 (10) Plateau A 60-89 (10) Plateau B
9:00	Weight Throw 35lb	M	Final	30-49 (6)
9:00	Triple-jump	W	Final	30 et + (7) Plateau A
10:00	Weight Throw 25 lb	M	Final	50-59 (5)
10:30	Javelin 500gr	W/M	Final	50-74 (7) W
				70-79 (8) M
11:00	Weight Throw 20lb	W/M	Final	40-49 (2) W
				60-69 (6) M
12:00	<b>Lunch</b>			
12:30	<b>Awards presentation</b> - javelin 400-500-600gr- Weight Throw 20-25-35lb			
13:00	Javelin 600gr	M	Final	60-66 (10)
13:00	Weight Throw 16 lb	M/W	Final	50-59 (3) W
				70-79 (7)
13:30	High Jump	W	Final	30 + (10) Plateau A
13:30	Triple-jump	M	Final	30-49 (6)- Plateau A
				50-69 (11) Plateau B
14:15	Javelin 700gr	M	Final	50-59 (10)
14:30	Weight Throw 12 lb	W/M	Final	70-74 (2) W
				80-89 (2) M
14:45	Triple-jump	M	Final	70+ (9) Plateau A
15:30	Javelin 800gr	M	Final	30-49 (13)

17:00

**Awards presentation** - Javelin - Weight Throw 16lb-high jump-triple-jump- Weight Throw 12 lb

**End of session 4 (field)**

Last update : July 30 2024 (13h30)