

11. BALTIC OPEN MASTERS ATHLETICS CHAMPIONSHIPS

10. LATVIJAS ČEMPIONĀTS VIEGLATLĒTIKĀ VECMEISTARIEM

27. jūlijs

LAIKS TIME	DISCIPLĪNA EVENT		GRUPA AGE
10:00	Reģistrācija Registration		
12:45	Sacensību atklāšana Opening ceremony		
Skriešanas disciplīnas / Running events			
13:00	100m	Men	M 35-85+
14:00	100m	Women	W 30-85+
14:40	1500m	Men	M 35-85+
15:30	1500m	Women	W 30-85+
16:00	400m	Men	M 35-85+
17:00	400m	Women	W 30-85+
Disks / Discus throw			
13:00	DT	Women	W 75-85+
13:30	DT	Women	W 55-70+
14:20	DT	Women	W 35-50+
15:30	DT	Men	M 80-95+
16:10	DT	Men	M 70-75+
17:00	DT	Men	M 60-65+
18:00	DT	Men	M 50-55+
18:40	DT	Men	M 35-45+
Lode / Shot put			
13:00	SP	Men	M 80-95+
13:25	SP	Men	M 70-75+
14:10	SP	Men	M 60-65+
15:00	SP	Men	M 50-55+
15:30	SP	Men	M 35-45+
16:30	SP	Women	W 75-85+
16:50	SP	Women	W 60-70+
17:20	SP	Women	W 50-55+
17:50	SP	Women	W 30-45+
Augstlēkšana/ High jump			
13:00	HJ	Women	W 35-85+
14:40	HJ	Men	M 65-85+
16:00	HJ	Men	M 35-60+
Trīssolis / Triple jump			
13:10	TrJ	Men	M 65-85+
14:40	TrJ	Men	M 35-60+
16:00	TrJ	Women	W 35-85+
Kārts / Pole vault			
13:00	PV	Men	M 35-85+
13:00	PV	Women	W 30-85+

PROGRAMMA / TIME TABLE

28. jūlijs

LAIKS TIME	DISCIPLĪNA EVENT		GRUPA AGE
Skriešanas disciplīnas / Running events			
09:00	5000 RW	Women	W 30-85+
09:45	5000 RW	Men	M 35-85+
10:30	200m	Men	M 35-85+
11:40	200m	Women	W 30-85+
12:10	800m	Men	M 35-85+
12:40	800m	Women	W 30-85+
13:40	3000m	Women	W 30-85+
14:10	5000m	Men	M 55-85+
14:40	5000m	Men	M 35-50+
15:10	4x100	Women	M 35-50+
15:20	4x100	Men	M 35-50+
Šķeps / Javelin throw			
10:00	JT	Men	M 35-45+
11:00	JT	Men	M 50-55+
11:30	JT	Men	M 60-65+
12:15	JT	Men	M 70-75+
13:00	JT	Men	M 80-85+
14:00	JT	Women	W 75-85+
14:20	JT	Women	W 50-70+
15:30	JT	Women	W 30-45+
Smaguma mešana / Weight throw			
11:00	WT	Women	W 35-45+
11:40	WT	Women	W 50-55+
12:20	WT	Women	W 60-70+
12:40	WT	Women	W 75-85+
13:00	WT	Men	M 80-85+
13:15	WT	Men	M 70-75+
13:45	WT	Men	M 60-65+
14:20	WT	Men	M 50-55+
14:50	WT	Men	M 35-45+
Vesera mešana / Hammer throw			
09:30	HT	Women	W 50-70+
10:10	HT	Women	W 35-45+
11:00	HT	Men	M 70-85+
11:40	HT	Men	M 60-65+
12:20	HT	Men	M 50-55+
12:50	HT	Men	M 35-45+
13:20	HT	Women	W 75-85+
Tāllekšana / Long jump			
10:30	LJ	Women	W 30-45+
12:00	LJ	Women	W 50-85+
13:00	LJ	Men	M 35-60+
14:00	LJ	Men	M 65-85+

