

TRACK

09:00	M35	100m Dec.	Final
09:10	M40	100m Dec.	Final
09:20	M35	100m	Heats
09:50	M40	100m	Heats
10:20	M45	100m	Heats
11:00	M45	100m Dec.	Final
11:10	M50	100m Dec.	Final
11:35	M50	100m	Heats
12:15	M55	100m	Heats
13:00	M60	100m	Heats
13:35	M65	100m	Heats
14:05	M70	100m	Heats
14:25	M35	400m-Dec.	Final
14:35	M40	400m-Dec.	Final
14:45	W40	100m	Heats
15:05	W45	100m	Heats
15:30	W50	100m	Heats
16:00	W55	100m	Heats
16:20	W60	100m	Heats
16:40	M45	400m-Dec.	Final
16:55	M35	400m Hurdles	Heats
17:10	M40	400m Hurdles	Heats
17:25	M45	400m Hurdles	Heats
17:40	M50	400m Hurdles	Heats
18:00	M55	400m Hurdles	Heats
18:20	W40	400m Hurdles	Heats
18:40	M60	300m Hurdles	Heats
19:00	M65	300m Hurdles	Heats
19:10	M70	300m Hurdles	Heats
19:20	M75	300m Hurdles	Heats
19:35	W50	300m Hurdles	Heats
19:50	M50	400m-Dec.	Final

Long jump - Runway 1

09:40	M35	LJ - Dec.
11:40	M45	LJ - Dec.

Long jump - Runway 2

09:50	M40	LJ-Dec.
11:55	M50	LJ-Dec.

Hammer Throw

08:30	M70	HT - Final
15:40	M75	HT - Final
17:05	M80+	HT - Final

Shot Put - Circle 1

10:55	M35	SP - Dec.
12:50	M45	SP - Dec.

Shot Put - Circle 2

11:10	M40	SP - Dec.
13:50	M50	SP - Dec.

High jump - Runway 1

12:10	M35	HJ - Dec.
14:00	M45	HJ - Dec.

High jump - Runway 2

12:30	M40	HJ - Dec.
15:40	M50	HJ - Dec.

Javelin Throw

08:30	W35+W40	JT - Final
10:30	W45	JT - Final
12:00	W50	JT - Final
13:30	W55	JT - Final
15:00	W60	JT - Final
16:30	W65+W70	JT - Final
18:00	W75+	JT - Final

Shot Put

09:00	M35	SP - Final
10:15	M40	SP - Final
11:45	M45	SP - Final
13:00	M50	SP - Final
14:30	M55	SP - Final
16:20	M60	SP - Final

Hammer Throw

19:40	M65	HT - Final
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Timetable

DAY 1 - 21 SEPTEMBER
Montesilvano

10000 m

09:00	M35	10000m F
09:45	M40	10000m F
10:35	M45	10000m F
11:30	M50	10000m F
12:30	M55	10000m F
13:35	M60	10000m F
14:40	M65+M70	10000m F
15:55	M75+	10000m F
17:10	W65+	10000m F

TRACK

08:00	M35	Hurdles Dec.	Final
08:15	M55	100m Dec.	Final
08:35	M60	100m Dec.	Final
09:00	M40	Hurdles Dec.	Final
09:15	M35	100m	SF
09:25	M40	100m	SF
09:40	M45	100m	SF
09:55	M50	100m	SF
10:15	M50	Hurdles Dec.	Final
10:40	M65	100m Dec	Final
11:05	M70	100m Dec.	Final
11:15	M55	100m	SF
11:30	M60	100m	SF
11:40	M65	100m	SF
11:50	M70	100m	SF
12:00	M75	100m	SF
12:10	M80	100m	SF
12:25	M45	Hurdles Dec.	Final
12:40	W35	100m	SF
12:50	W40	100m	SF
13:00	W45	100m	SF
13:10	W50	100m	SF
13:20	W55	100m	SF
13:40	W60	100m	SF
13:50	W65	100m	SF
14:00	W70	100m	SF
14:10	W75	100m	SF
14:25	M35	400m Hurdles	Final
14:31	M40	400m Hurdles	Final
14:37	M45	400m Hurdles	Final
14:43	M50	400m Hurdles	Final
14:49	M55	400m Hurdles	Final
15:00	W35	400m Hurdles	Final
15:06	W40	400m Hurdles	Final
15:12	W45	400m Hurdles	Final
15:18	W50	300m Hurdles	Final
15:24	W55	300m Hurdles	Final
15:30	M60	300m Hurdles	Final
15:36	M65	300m Hurdles	Final
15:42	W60	300m Hurdles	Final

Discus

08:40	M35	DT- Dec.
09:50	M40	DT- Dec.
11:05	M50	DT- Dec.
13:05	M45	DT- Dec.

Pole Vault - Runway 1

09:50	M35	PV1 - Dec.
13:00	M50	PV1 - Dec.

Pole Vault - Runway 2

11:10	M40	PV2 - Dec.
14:15	M45	PV2 - Dec.

Shot Put - Circle 1

10:45	M55	SP - Dec.
13:30	M65	SP - Dec.

Shot Put - Circle 2

10:50	M60	SP - Dec.
14:05	M70	SP - Dec.

High jump - Runway 1

12:30	M55	HJ - Dec.
15:30	M65	HJ - Dec.

High jump - Runway 2

12:40	M60	HJ - Dec.
15:20	M70	HJ - Dec.

TRACK

15:48	W65	300m Hurdles	Final
15:54	M70	300m Hurdles	Final
16:00	M75	300m Hurdles	Final
16:10	W70+	200m Hurdles	Final
16:16	M80+	200m Hurdles	Final
16:30	M35	1500m Dec	Final
16:45	M40	1500m Dec	Final
16:55	M55	400m Dec.	Final
17:05	M60	400m Dec.	Final
17:15	M35	100m	Final
17:20	W35	100m	Final
17:25	M40	100m	Final
17:30	W40	100m	Final
17:35	M45	100m	Final
17:40	W45	100m	Final
17:45	M50	100m	Final
17:50	W50	100m	Final
17:55	M55	100m	Final
18:00	W55	100m	Final
18:05	M60	100m	Final
18:10	W60	100m	Final
18:15	M65	100m	Final
18:20	W65	100m	Final
18:25	M70	100m	Final
18:30	W70	100m	Final
18:35	M75	100m	Final
18:40	W75	100m	Final
18:45	M80	100m	Final
18:50	W80+	100m	Final
18:55	M85	100m	Final
19:00	M90	100m	Final
19:10	M65	400m Dec.	Final
19:40	M70	400m Dec.	Final
19:55	M45	1500m Dec.	Final
20:15	M50	1500m Dec.	Final

Javelin

12:10	M35	JT-Dec.
13:40	M40	JT-Dec.
16:25	M45	JT-Dec.
17:35	M50	JT-Dec.

Long jump - Runway 1

08:50	M55	LJ - Dec.
11:45	M65	LJ - Dec.

Long jump - Runway 2

09:10	M60	LJ - Dec.
11:50	M70	LJ - Dec.

Timetable

Hammer Throw

08:00	M35-40	HT - Final
09:10	M45	HT - Final
11:50	M50	HT - Final
12:30	M55	HT - Final
13:50	M60	HT - Final

Javelin Throw

15:35	M65	JT - Final
17:00	M70	JT - Final
18:30	M75	JT - Final
19:45	M80	JT - Final
21:00	M85+	JT - Final

Shot Put

08:30	W35+40	SP - Final
10:10	W45	SP - Final
11:40	W50	SP - Final
13:10	W55	SP - Final
14:20	W60	SP - Final
15:50	W65	SP - Final
17:00	W70	SP - Final
18:30	W75	SP - Final
19:40	W80+	SP - Final

Timetable

DAY 2 - 22 SEPTEMBER
Montesilvano

1500 m H

09:00	M35	First Round
09:20	M40	First Round
09:50	M45	First Round
10:30	M50	First Round
11:00	M55	First Round
11:40	M60	First Round
12:20	M65	First Round
12:50	M70	First Round
13:10	M75	First Round
13:30	W35	First Round
13:50	W45	First Round
14:20	W50	First Round
14:50	W55	First Round

10000 m F

15:10	W35-40	First Round
16:10	W45-50	First Round
17:20	W55-60	First Round

TRACK

08:00	M75+	100m Dec.	Final
08:10	M55	Hurdles Dec.	Final
08:30	M60	Hurdles Dec.	Final
08:50	W35	Hurdles Hept.	Final
09:00	W40	Hurdles Hept.	Final
09:05	M35	200m	Heats
09:35	M40	200m	Heats
10:05	M45	200m	Heats
10:50	W45	Hurdles Hept.	Final
11:05	M50	200m Heats	Heats
11:55	M65	Hurdles Dec.	Final
12:25	W50	Hurdles Hept.	Final
12:45	W55	Hurdles Hept.	Final
12:55	M55	200m Heats	Heats
13:45	M70	Hurdles Dec.	Final
14:00	M60	200m Heats	Heats
14:50	W60	Hurdles Hept.	Final
15:00	W65+	Hurdles Hept.	Final
15:15	M75+	400m Dec.	Final
15:30	W35	200m Hept.	Final
15:36	W40	200m Hept.	Final
15:50	M65	200m Heats	Heats
16:25	M70	200m Heats	Heats
16:45	W45	200m Hept.	Final
17:00	W55	200m Hept.	Final
17:10	W40	200m Heats	Heats
17:30	W45	200m Heats	Heats
18:00	M55	1500m Dec.	Final
18:20	M60	1500m Dec.	Final
18:40	W50	200m Heats	Heats
19:10	W55	200m Heats	Heats
19:40	W50	200m Hept.	Final
19:50	W60	200m Hept.	Final
20:05	W65+	200m Hept.	Final
20:15	M65	1500m Dec.	Final
20:35	M70	1500m Dec.	Final

SP or HT - Circle1-Cage

08:00	W60	HT - Final
10:10	W80+	HT - Final
11:40	W40	SP - Hept.
13:00	W70	HT - Final
15:10	W55	SP - Hept.
16:00	W75	HT - Final
17:30	W60	SP - Hept.
18:40	W65	HT - Final
20:15	W55	HT - Final

Shot Put - Circle 2

09:50	M75+	SSP - Dec.
11:00	W35	SP - Hept.
13:50	W45	SP - Hept.
15:30	W50	SP - Hept.
17:40	W65+	SP - Hept.

High jump - Runway 1

09:30	W40	HJ - Hept.
11:40	W45	HJ - Hept.
13:45	W55	HJ - Hept.
15:20	W60	HJ - Hept.

High jump - Runway 2

09:30	W35	HJ - Hept.
11:10	M75+	HJ - Dec.
13:20	W50	HJ - Hept.
15:30	W65+	HJ - Hept.

Discus Throw

08:45	M55	DT - Dec.
10:40	M60	DT - Dec.
12:30	M65	DT - Dec.
14:00	M70	DT - Dec.

Pole Vault - Runway 1

10:40	M55	PV1 - Dec
14:30	M65	PV1 - Dec

Pole Vault - Runway 2

12:20	M60	PV2 - Dec
16:00	M70	PV2 - Dec

Javelin Throw

14:30	M55	JT - Dec
16:15	M60	JT - Dec
17:50	M65	JT - Dec
19:20	M70	JT - Dec

Javelin Throw

08:00	M35	JT - Final
09:10	M40	JT - Final
10:25	M45	JT - Final
11:50	M50	JT - Final
13:20	M55	JT - Final
14:45	M60	JT - Final

Shot Put

09:30	M65	SP - Final
11:15	M70	SP - Final
13:00	M75	SP - Final
14:15	M80	SP - Final
15:45	M85+	SP - Final

Hammer Throw

16:05	W35	HT - Final
17:40	W40	HT - Final
18:55	W45	HT - Final
20:10	W50	HT - Final

Timetable

DAY 3 - 23 SEPTEMBER
Montesilvano

RW 5000 m

08:15	W70+	Final
09:15	W60+W65	Final
10:15	M75+	Final
11:15	M70	Final
12:00	M65	Final

1500 m

13:00	M35	Final
13:15	W35	Final
13:30	M40	Final
13:45	W40	Final
14:00	M45	Final
14:15	W45	Final
14:30	M50	Final
14:45	W50	Final
15:00	M55	Final
15:15	W55	Final
15:30	M60	Final
15:45	W60	Final
16:00	M65	Final
16:15	W65	Final
16:30	M70	Final
16:45	W70	Final
17:00	M75	Final
17:15	W75+	Final
17:30	M80+	Final

TRACK

09:00	M75+	Hurdles Dec.	Final
09:20	M35	200m	SF
09:30	M40	200m	SF
09:40	M45	200m	SF
09:50	M50	200m	SF
10:00	M55	200m	SF
10:15	M60	200m	SF
10:25	M65	200m	SF
10:35	M70	200m	SF
10:47	M75	200m	SF
11:05	M80	200m	SF
11:20	W35	200m	SF
11:30	W40	200m	SF
11:40	W45	200m	SF
11:50	W50	200m	SF
12:00	W55	200m	SF
12:10	W60	200m	SF
12:20	W65	200m	SF
12:38	W70	200m	SF
12:52	W75	200m	SF
13:10	W35	800m Hept.	Final
13:20	W40	800m Hept.	Final
13:30	M35	200m	Final
	M40	200m	Final
13:40	M45	200m	Final
	M50	200m	Final
13:50	M55	200m	Final
	M60	200m	Final
14:00	M65	200m	Final
14:06	M70	200m	Final
14:12	M75	200m	Final
14:20	M80	200m	Final
14:28	M85	200m	Final
14:36	M90+	200m	Final
14:45	W45	800m Hept.	Final
15:05	W50	800m Hept.	Final
15:25	W35	200m	Final
15:30	W40	200m	Final
15:35	W45	200m	Final
15:40	W50	200m	Final
15:45	W55	200m	Final
15:50	W60	200m	Final
15:55	W65	200m	Final
16:00	W70	200m	Final
16:07	W75	200m	Final
16:15	W80+	200m	Final
16:25	M75+	1500m Dec	Final
17:00	W55	800m Hept.	Final
18:10	W60	800m Hept.	Final
19:20	W65+	800m Hept.	Final

Long jump - Runway 1

09:00	W35	LJ - Hept.
10:50	W45	LJ - Hept.
15:00	W55	LJ - Hept.
16:45	W65+	LJ - Hept.

Long jump - Runway 2

09:30	W40	LJ - Hept.
11:45	W50	LJ - Hept.
15:45	W60	LJ - Hept.

Discus Throw

09:40	M75+	DT - Dec.
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Pole Vault

10:55	M75+	PV - Dec.
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Javelin Throw

09:55	W35	JT - Hept.
10:50	W40	JT - Hept.
12:05	W45	JT - Hept.
13:20	W50	JT - Hept.
14:40	M75+	JT - Dec.
16:00	W55	JT - Hept.
17:00	W60	JT - Hept.
18:10	W65+	JT - Hept.

Weight - Throw

09:30	W75	WT - Final
11:00	W80+	WT - Final

Discuss Throw

09:00	M35	DT - Final
10:15	M40	DT - Final
11:40	M45	DT - Final
12:55	M50	DT - Final
14:55	M55	DT - Final
16:55	M60	DT - Final
18:40	M65	DT - Final

Weight Throw

09:00	W35	WT - Final
10:15	W40	WT - Final
11:30	W45	WT - Final
12:40	W50	WT - Final
14:20	W55	WT - Final
16:00	W60	WT - Final
17:50	W65	WT - Final
19:10	W70	WT - Final

Timetable

DAY 4 - 24 SEPTEMBER
Montesilvano

Race Walking

08:15	W 50-55	RW 5000m F
09:00	W 35-45	RW 5000m F
09:45	M50-60	RW 5000m M
10:30	M35-45	RW 5000m M

DAY 4 - 24 SEPTEMBER
Davalos Park - Pescara

Cross Country

09:00	M70+/W70+	6K Cross Country
10:00	W35 - W65	8K Cross Country
11:00	M60-M65	8K Cross Country
12:00	M50-M55	8K Cross Country
13:00	M35-M45	8K Cross Country

TRACK

09:00	M35	400m	Heats
09:35	M40	400m	Heats
10:10	M45	400m	Heats
10:50	M50	400m	Heats
11:30	M55	400m	Heats
12:10	M60	400m	Heats
12:50	M65	400m	Heats
13:30	M70	400m	Heats
13:55	W40	400m	Heats
14:20	W45	400m	Heats
14:45	W50	400m	Heats
15:20	M35	3000m st.	Final
15:40	M40	3000m st.	Final
16:00	M45	3000m st.	Final
16:20	M50	3000m st.	Final
16:40	M55	3000m st.	Final
17:00	M60-65	2000m st.	Final
17:20	M70+	2000m st.	Final
17:40	W35-45	2000m st.	Final
18:00	W50+	2000m st.	Final
18:20	W35	4x100m	Final
18:28	W40	4x100m	Final
18:36	W45	4x100m	Final
18:44	W50	4x100m	Final
18:52	W55	4x100m	Final
19:00	W60	4x100m	Final
19:08	W65	4x100m	Final
19:16	W70	4x100m	Final
19:24	W75	4x100m	Final
19:32	W80+	4x100m	Final

Long jump - Runway 1

09:00	W35	LJ - Final
11:00	W45	LJ - Final
13:00	W55	LJ - Final
14:45	W65	LJ - Final
16:15	W75	LJ - Final

Long jump - Runway 2

09:00	W40	LJ - Final
11:00	W50	LJ - Final
13:00	W60	LJ - Final
15:00	W70	LJ - Final
16:30	W80+	LJ - Final

High jump - Runway 1

09:30	M35	HJ - Final
11:15	M45	HJ - Final
13:00	M55	HJ - Final

High jump - Runway 2

09:30	M40	HJ - Final
11:15	M50	HJ - Final

Pole Vault - Runway 1

10:00	M65	PV - Final
13:00	M75	PV - Final
15:00	M85	PV - Final

Pole Vault - Runway 2

10:00	M70	PV - Final
13:00	M80	PV - Final

Discus Throw

09:00	W75	DT - Final
10:30	W80+	DT - Final

Discus Throw

08:30	W35	DT - Final
10:00	W40	DT - Final
11:30	W45	DT - Final
13:00	W50	DT - Final
14:40	W55	DT - Final
16:20	W60	DT - Final
18:00	W65	DT - Final
19:20	W70	DT - Final

Weight Throw

09:00	M35	WT - Final
10:10	M40	WT - Final
11:20	M70	WT - Final
12:55	M75	WT - Final
14:15	M80	WT - Final
15:25	M85+	WT - Final

Timetable

DAY 5 - 25 SEPTEMBER
Montesilvano

5000 m

09:00	W35	Final
09:30	W40	Final
10:10	W45	Final
10:50	W50	Final
11:30	W55	Final
12:15	W60	Final
15:00	W65	Final
15:50	W70	Final
16:50	W75+	Final

TRACK

09:00	W35	400m	SF
09:20	W40	400m	SF
09:40	W45	400m	SF
10:00	W50	400m	SF
10:20	W55	400m	SF
10:40	W60	400m	SF
11:00	W65	400m	SF
11:20	W70	400m	SF
11:14	W75	400m	SF
11:28	M35	400m	SF
11:42	M40	400m	SF
11:56	M45	400m	SF
12:10	M50	400m	SF
12:24	M55	400m	SF
12:36	M60	400m	SF
12:50	M65	400m	SF
13:04	M70	400m	SF
13:18	M75	400m	SF
13:40	M35	4x100m	Final
13:48	M40	4x100m	Final
13:56	M45	4x100m	Final
14:10	M50	4x100m	Final
14:18	M55	4x100m	Final
14:26	M60	4x100m	Final
14:34	M65	4x100m	Final
14:40	M70	4x100m	Final
14:48	M75	4x100m	Final
15:00	M80	4x100m	Final
15:40	W35	400m	Final
15:50	W40	400m	Final
16:00	W45	400m	Final
16:10	W50	400m	Final
16:20	W55	400m	Final
16:30	W60	400m	Final
16:40	W65	400m	Final
16:50	W70	400m	Final
17:00	W75	400m	Final
17:10	W80+	400m	Final
17:20	M35	400m	Final
17:30	M40	400m	Final
17:40	M45	400m	Final
17:50	M50	400m	Final
18:00	M55	400m	Final
18:10	M60	400m	Final
18:20	M65	400m	Final
18:30	M70	400m	Final
18:40	M75	400m	Final
18:50	M80	400m	Final
19:00	M85+	400m	Final

Discus Throw

09:00	M70	DT - Final
11:00	M75	DT - Final
12:30	M80	DT - Final
15:00	M85	DT - Final
16:10	M90	DT - Final

High jump - Runway 1

09:30	M60	HJ - Final
12:00	M70	HJ - Final
14:00	M80	HJ - Final

High jump - Runway 2

10:30	M65	HJ - Final
13:00	M75	HJ - Final
15:00	M85+	HJ - Final

Pole Vault

10:00	M35	PV - Final
12:30	M40	PV - Final
15:00	M45	PV - Final

Throwing Pentathlon

Long Throw

08:30	W65	Hammer Pent.
09:40	W70	Hammer Pent.
10:50	W65	Discus Pent.
12:00	W65	Javelin Pent.
13:10	W70	Discus Pent.
14:10	W70	Javelin Pent.
15:10	W75+	Hammer Pent.
17:35	W75+	Discus Pent.
18:50	W75+	Javelin Pent.

Shot Put

09:40	W65	Pent.
10:40	W70	Pent.
16:25	W75+	Pent.

Weight Throw

13:10	W65	WT - Pent.
15:30	W70	WT - Pent.
20:05	W75+	WT - Pent.

Weight Throw

09:00	M65	WT - Final
10:45	M60	WT - Final
14:20	M45	WT - Final
16:40	M50	WT - Final
18:20	M55	WT - Final

Timetable

DAY 6 - 26 SEPTEMBER
Montesilvano

5000 m

09:00	M35	5000m	Final
09:30	M40	5000m	Final
10:05	M45	5000m - FB	Final
10:40	M45	5000m - FA	Final
11:20	M50	5000m - FB	Final
12:00	M50	5000m - FA	Final
12:40	M55	5000m - FB	Final
13:20	M55	5000m - FA	Final
14:00	M60	5000m - FB	Final
14:40	M60	5000m - FA	Final
15:10	M65	5000m	Final
16:00	M70	5000m	Final
16:55	M75	5000m	Final
17:50	M80	5000m	Final

DAY 6 - 26 SEPTEMBER
Road Race Walk - Pescara

Road Race Walk

08:00	M65+	10K Road Race Walk	Final
09:45	W35+	10K Road Race Walk	Final
11:45	M35-M60	10K Road Race Walk	Final

TRACK

09:00	M35	800m	Heats
09:30	M40	800m	Heats
10:00	M45	800m	Heats
10:30	M50	800m	Heats
11:00	M55	800m	Heats
11:30	M60	800m	Heats
12:00	M65	800m	Heats
12:22	M70	800m	Heats
12:45	M75	800m	Heats
13:00	W35	800m	Heats
13:15	W40	800m	Heats
13:30	W45	800m	Heats
13:45	W50	800m	Heats
14:00	W55	800m	Heats
14:15	W60	800m	Heats
14:30	M35	110m Hurd.	Heats
14:45	M40	110m Hurd.	Heats
15:05	M50	100m Hurd.	Heats
16:25	M55	100m Hurd.	Heats
16:45	M60	100m Hurd.	Heats
17:05	M65	100m Hurd.	Heats
17:20	M70	80m Hurd.	Heats
17:35	M75	80m Hurd.	Heats
17:50	W50	80m Hurd.	Heats
18:05	W55	80m Hurd.	Heats
18:20	W60	80m Hurd.	Heats
18:35	W65	80m Hurd.	Heats
18:50	W35	100m Hurd.	Heats
19:05	W40	80m Hurd.	Heats
19:20	W45	80m Hurd.	Heats

High jump - Runway 1

09:00	W35	HJ - Final
10:15	W45	HJ - Final
11:40	W55	HJ - Final
13:40	W65	HJ - Final
15:40	W75	HJ - Final

High jump - Runway 2

09:00	W40	HJ - Final
10:30	W50	HJ - Final
12:00	W60	HJ - Final
13:45	W70	HJ - Final
14:30	W80	HJ - Final
16:00	W85+	HJ - Final

Triple jump - Runway 1

09:00	W55	TJ - Final
10:15	W60	TJ - Final
11:45	W65	TJ - Final
13:05	W70+	TJ - Final

Triple jump - Runway 2

09:00	W35	TJ - Final
10:20	W40	TJ - Final
11:50	W45	TJ - Final
13:20	W50	TJ - Final

Long jump - Runway 1

14:35	M35	LJ - Final
16:30	M45	LJ - Final
19:15	M55	LJ - Final

Long jump - Runway 2

14:45	M40	LJ - Final
17:00	M50	LJ - Final

Pole Vault

09:30	M50	PV - Final
12:00	M55	PV - Final
14:30	M60	PV - Final

Throwing Pentathlon W60

09:00	Hammer	W60	Final
10:30	Shot Put	W60	Final
12:00	Discuss	W60	Final
13:30	Javelin	W60	Final
15:00	Weight Throw	W60	Final

Throwing Pentathlon

Long Throw

08:00	W35-45 Pent.	Hammer Pent.
09:30	W55 Pent.	Hammer Pent.
11:00	W35-45 Pent.	Discus Pent.
12:30	W35-45 Pent.	Javelin Pent.
14:00	W55 Pent.	Discus Pent.
15:15	W55 Pent.	Javelin Pent.
16:30	W50 Pent.	Hammer Pent.
18:40	W50 Pent.	Discus Pent.
19:45	W50 Pent.	Javelin Pent.

Shot Put

09:30	W35-45	SP - Pent.
11:00	W55	SP - Pent.
17:35	W50	SP - Pent.

Weight Throw

14:00	W35-45	WT - Pent.
16:30	W55	WT - Pent.
20:50	W50	WT - Pent.

Timetable

DAY 7 - 28 SEPTEMBER
Road Race - Pescara

Road Race

16:00	ALL	10K Road Race	Final
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TRACK

09:00	M35	800m Final
09:10	M40	800m Final
09:20	M45	800m Final
09:30	M50	800m Final
09:40	M55	800m Final
09:50	M60	800m Final
10:00	M65	800m Final
10:10	M70	800m Final
10:20	M75	800m Final
10:30	M80	800m Final
10:40	M85	800m Final
10:50	W35	800m Final
11:00	W40	800m Final
11:10	W45	800m Final
11:20	W50	800m Final
11:30	W55	800m Final
11:40	W60	800m Final
11:50	W65	800m Final
12:00	W70	800m Final
12:10	W75+	800m Final
12:20	M35	110m Hurdl.-F
12:28	M40	110m Hurdl.-F
12:36	M45	110m Hurdl.-F
12:44	M50	100m Hurdl. -F
12:52	M55	100m Hurdl. -F
13:00	M60	100m Hurdl. -F
13:08	M65	100m Hurdl. -F
13:16	M70	80m Hurdl.-F
13:24	M75	80m Hurdl.-F
13:32	M80	80m Hurdl.-F
13:40	W35	100m Hurdl.-F
13:48	W40	80m Hurdl.-F
13:56	W45	80m Hurdl.-F
14:04	W50	80m Hurdl.-F
14:12	W55	80m Hurdl.-F
14:20	W60	80m Hurdl.-F
14:28	W65	80m Hurdl.-F
14:36	W70	80m Hurdl.-F
14:44	W75+	80m Hurdl.-F

Pole Vault

09:00	W60+	PV - Final
10:30	W55	PV - Final
12:15	W50	PV - Final
14:00	W45	PV - Final
15:45	W35+W40	PV - Final

Long jump - Runway 1

09:00	M60	LJ - Final
11:15	M75	LJ - Final
12:40	M85+	LJ - Final

Long jump - Runway 2

09:00	M65	LJ - Final
10:45	M70	LJ - Final
12:30	M80	LJ - Final

Throwing Pentathlon M75

09:00	M75	Hammer	Final
10:20	M75	Shot Put	Final
11:40	M75	Discus	Final
13:00	M75	Javelin	Final
14:20	M75	Weight Throw	Final

Timetable

DAY 8 - 29 SEPTEMBER
Francavilla al mare

Long Throw

08:00	M70	Hammer
09:45	M50	Hammer
11:10	M70	Discus
12:45	M70	Javelin
14:20	M50	Discus
15:45	M50	Javelin
17:10	M45	Hammer
19:30	M45	Discus
20:40	M45	Javelin

Shot Put

09:35	M70	SP-Pent.
11:10	M50	SP-Pent.
18:20	M45	SP-Pent.

Weight Throw

14:20	M70	WT-Pent.
17:10	M50	WT-Pent.
21:50	M45	WT-Pent.

TRACK

10:00	85	4x400m Mix	Final
10:10	80	4x400m Mix	Final
10:20	75	4x400m Mix	Final
10:30	70	4x400m Mix	Final
10:40	65	4x400m Mix	Final
10:50	60	4x400m Mix	Final
11:00	55	4x400m Mix	Final
11:10	50	4x400m Mix	Final
11:20	45	4x400m Mix	Final
11:30	40	4x400m Mix	Final
11:40	35	4x400m Mix	Final

Triple jump - Runway 1

09:00	M35	TJ - Final
10:30	M40	TJ - Final
12:10	M45	TJ - Final

Triple jump - Runway 2

09:00	M50	TJ - Final
10:30	M55	TJ - Final

Throwing Pentathlon

09:30	M80+	Hammer
10:45	M80+	Shot Put
12:00	M80+	Discus
13:15	M80+	Javelin
14:30	M80+	Weight Throw

DAY 9 - 30 SEPTEMBER
Francavilla al mare

Throwing Pentathlon

Long Throw

08:30	M55	Hammer Pent.
09:45	M65	Hammer Pent.
11:00	M55	Discus Pent.
12:15	M55	Javelin Pent.
13:30	M65	Discus Pent.
14:55	M65	Javelin Pent.

Shot Put

09:45	M55	SP-Pent.
11:10	M65	SP-Pent.

Weight Throw

13:30	M55	WT-Pent.
16:20	M65	WT-Pent.

DAY 9 - 30 SEPTEMBER
Road Race Walk - Pescara

Road Race Walk

08:00	M60+	20K Road Race Walk	Final
11:45	W35+	20K Road Race Walk	Final
15:00	M35-M55	20K Road Race Walk	Final

TRACK

from 10:00 : arrival of HM

13:00	M35	4x400m	Final
13:10	M40	4x400m	Final
13:20	M45	4x400m	Final
13:30	M50	4x400m	Final
13:40	M55	4x400m	Final
13:50	M60	4x400m	Final
14:00	M65	4x400m	Final
14:10	M70	4x400m	Final
14:20	M75	4x400m	Final
14:30	M80	4x400m	Final
14:40	M85	4x400m	Final

14:50 CLOSING CEREMONY

15:20	W35	4x400m	Final
15:30	W40	4x400m	Final
15:40	W45	4x400m	Final
15:50	W50	4x400m	Final
16:00	W55	4x400m	Final
16:10	W60	4x400m	Final
16:20	W65	4x400m	Final
16:30	W70	4x400m	Final
16:40	W75	4x400m	Final
16:50	W80	4x400m	Final

Triple jump - Runway 1

09:00	M60	TJ - Final
11:00	M65	TJ - Final

Triple jump - Runway 2

09:00	M75	TJ - Final
10:10	M80+	TJ - Final
11:30	M70	TJ - Final

Timetable

DAY 10 - 01 OCTOBER
Francavilla al mare
Throwing Pentathlon

Long Throw

08:00	M35-40	Hammer Pent.
09:40	M60	Hammer Pent.
11:20	M35-40	Discus Pent.
13:00	M35-40	Javelin Pent.
14:30	M60	Discus Pent.
15:55	M60	Javelin Pent.

Shot Put

09:40	M35-40	SP-Pent.
11:20	M60	SP-Pent.

Weight Throw

14:40	M35-40	WT-Pent.
17:20	M60	WT-Pent.

DAY 10 - 01 OCTOBER
Non Stadia - Pescara

Half Marathon

09:00	All	Half Marathon	Final
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