

# Competition Day 1 - July 27

Ceres Park							Viby Stadium					
	Track	Group	Field	Group	Out of stadia throwing field	Group	Track	Group	Field	Group	Out of stadia throwing field	Group
08.30	100 m dec.	M35					100 m dec.	M65				
08.45	100 m dec.	M40					80 m Hu. hep.	W50				
09.00	100 m dec.	M45					80 m Hu. hep.	W60-70				
09.05			Long Jump dec.	M35								
09.15							80 m Hu. hep.	W75+	Long jump dec.	M65		
09.15									Weight throw	M80+		
09.20			Long Jump dec.	M40					High jump hep.	W50		
09.30	100 m Hu. hep.	W35									Weight throw	M65
09.45	80 m Hu. hep.	W45					100 m dec.	M70				
10.00	80 m Hu. hep.	W40	Long Jump dec.	M45			100 m dec.	M75+				
10.15	80 m Hu. hep.	W55	High jump hep.	W35								
10.20			High Jump hep.	W45								
10.30			Shot Put dec.	M35					High jump hep.	W60-70		
10.30									Weight throw	M35		
10.45	100 m dec.	M50							Long jump dec.	M70		
10.45									Shot put dec.	M65		
11.00	100 m dec.	M55									Weight throw	M60
11.15	100 m dec.	M60										
11.30	10.000 m	M45	Long jump dec.	M50								
11.30			High jump hep.	W40								
11.30			High jump hep.	W55								
11.30			Shot Put dec.	M40								
11.45			Long Jump dec.	M55					High jump hep.	W75+		
11.45									Weight throw	M40		
12.00					Shot put hep.	W35	10.000 m	M55	Long jump dec.	M75+		
12.00									Shot put hep.	W50		
12.15					Shot put hep.	W45						
12.30	10.000 m	M40										
12.45			Long jump dec.	M60							Weight throw	M50
12.45			High jump dec.	M35								
12.45			Shot put dec.	M45								
13.00			High Jump dec.	M40			10.000m	M65-70	High jump dec.	M65		
13.00									Weight throw	M45		
13.00									Shot put dec.	M70		
13.30	10.000 m	M50										
13.45					Shot put hep.	W40						
14.00					Shot put hep.	W55	10.000 m	M60	Shot put hep.	W60-70		
14.15			Shot put dec.	M50							Weight throw	M55
14.30	10.000 m	M35	High Jump dec.	M45					Weight throw	M 70		
14.45									High jump dec.	M70		
15.00							10.000 m	M75+				
15.15									Shot put dec.	M75+		
15.45			High jump dec.	M50					Weight throw	M75		
15.45			Shot put dec.	M55								
16.15							200 m hep.	W50	High jump dec.	M75+		
16.30	200 m hep.	W35					200 m hep.	W60-70	Shot put hep.	W75+		
16.45	200 m hep.	W45					400 m dec.	M65				
17.00	200 m hep.	W40	Shot Put dec.	M60								
17.15	200 m hep.	W55	High jump dec.	M55			400 m dec.	M70				
17.30	400 m dec.	M35					400m dec.	M75+				
17.45	400 m dec.	M40					200 m hep.	W75+				
18.00	400 m dec.	M45										
18.15			High jump dec.	M60								
18.30	400 m dec.	M50										
18.50	400 m dec.	M55										
19.30	400 m dec.	M60										

Hu. = hurdles

dec. = decathlon

hep. = heptathlon

# Competition Day 2 - July 28

Ceres Park							Viby Stadium					
	Track	Group	Field	Group	Out of stadia throwing field	Group	Track	Group	Field	Group	Out of stadia throwing field	Group
08.00	110 m Hu. dec.	M35										
08.15	110 m Hu. dec.	M40										
08.30							100 m Hu. dec.	M65				
08.45	110 m Hu. dec.	M45	Discus dec.	M35								
09.00	100 m dec.	M45			Discus dec.	M40					Weight throw	W70
09.15									Discus dec.	M65		
09.30	100 m Hu. dec.	M50	Discus dec.	M45					Long jump hep.	W50		
09.45							80 m Hu. dec.	M70				
09.55	100 m Hu. dec.	M55	Pole vault dec.	M35								
10.15	100m Hu. Dec.	M60									Weight throw	W65
10.30			Pole vault dec.	M40	Discus dec.	M50	80 m Hu. dec.	M75	Long jump hep.	W60-70		
10.30									Pole vault dec.	M65		
10.30									Discus dec.	M70		
10.45							80 m Hu. dec.	M80+				
11.00	100 m heat	W70	Long jump hep.	W35					Javelin hep.	W50		
11.15	100 m heat	W65	Discus dec.	M55					Weight throw	W35-40		
11.25	100 m heat	W60										
11.30			Pole vault dec	M45							Weight throw	W45
11.45	100 m heat	W55					10.000 m	W35-40				
12.00	100 m heat	W50	Long jump hep.	W40					Long jump hep.	W75+		
12.00									Javelin hep.	W60-70		
12.15					Discus	M60						
12.30	100 m heat	M65							Pole vault dec.	M70		
12.30									Discus dec.	M75+		
12.45	100 m heat	M60	Pole vault dec	M50			10.000 m	W45-50				
13.00			Javelin dec.	M35							Discus	M35
13.15	100 m heat	M55							Javelin hep.	W75+		
13.30			Long jump hep.	W45								
13.45	100 m heat	M50	Javelin dec.	M40	Javeline hep.	W35	10.000 m	W55-60				
14.00			Pole vault dec	M55					Pole vault dec.	M75+		
14.00									Javelin dec.	M65		
14.00									Weight throw	W75+		
14.15	100 m heat	M45										
14.45	100 m heat	M40	Long jump hep.	W55	Javeline hep.	W40	10.000 m	W65+				
14.45			Javelin dec.	M45								
15.00											Discus	M40
15.15	100 m heat	M35	Pole vault dec	M60					Javelin dec.	M70		
15.30									Weight throw	W55		
15.45	100 m heat	W35					800 m hep.	W50				
16.00	100 m heat	W40	Javelin dec.	M50	Javeline hep.	W45	800 m hep.	W60-70	Javelin dec.	M75+		
16.15	100 m heat	W45					800 m hep.	W75+				
16.45	100 m heat	M70										
17.00	100 m heat	M75					1500 m dec.	M65	Weight throw	W60	Weight throw	W50
17.15	100 m heat	M80	Javelin dec.	M55	Javeline hep.	W55	1500 m dec.	M70				
17.30	1500 m dec.	M35					1500 m dec.	M75+				
17.45	1500 m dec.	M40										
18.00	1500 m dec.	M45										
18.15	1500 m dec.	M50										
18.30			Javelin dec.	M60								
18.45	800 m hep.	W35										
19.00	800 m hep.	W40										
19.15	800 m hep.	W45										
19.30	800 m hep.	W55										
19.45	1500 m dec.	M55										
19.45	1500m dec.	M60										

Hu. = hurdles

dec. = decathlon

hep. = heptathlon

# Competition Day 3 - July 29

Ceres Park					Viby Stadium					
	Track	Group	Field	Group	Track	Group	Field	Group	Out of stadia throwing field	Group
10.00	100 m semi	M60	Triple jump	W60-65						
10.00			Shot put	W35						
10.00			Discus	M60						
10.15	100 m semi	W60								
10.30	100 m semi	M55					Shot put	M35	Discus	M75
10.45	100 m semi	M50								
11.00	100 m semi	W50	Shot put	W50			Pole vault	M80+		
11.15	100 m semi	M45								
11.30	100 m semi	W45			1500 m heat	W45				
11.45	100 m semi	M40								
12.00	100 m semi	M35	Triple jump	W35	1500 m heat	M65				
12.15							Shot put	M40		
12.30	300 m Hu. heat	W60	Discus	M55	1500 m heat	M60			Discus	M85+
12.45	300 m Hu. heat	W50								
13.00	400 m Hu. heat	W45	Triple jump	W45	1500 m heat	M55				
13.00			Shot put	W45						
13.15	400 m Hu. heat	W40								
13.30	400 m Hu. heat	W35	Triple jump	W50			Pole vault	W65+		
13.45	400 m Hu. heat	M35								
14.00	400 m Hu. heat	M40			1500 m heat	M50	Shot put	M45		
14.15	400 m Hu. heat	M45								
14.30	400 m Hu. heat	M50			1500 m heat	M45			Discus	M65
14.45	400 m Hu. heat	M55	Discus	M80						
15.00	300 m Hu. heat	M60	Triple jump	W40	1500 m heat	M40				
15.15	300 m Hu. heat	M65	Shot put	W45						
15.30	300 m Hu. heat	M70			1500 m heat	M35				
16.00			Triple jump	W70+						
16.20	100 m final	M85+								
16.27	100 m final	M80								
16.35	100 m final	W80+								
16.42	100 m final	M75								
16.50	100 m final	W75								
17.00	100 m final	M70	Triple jump	W55						
17.00			Discus	M70						
17.07	100 m final	W70								
17.15	100 m final	M65	Shot put	W40						
17.22	100 m final	W65								
17.30	100 m final	M60								
17.37	100 m final	W60								
17.45	100 m final	M55								
17.52	100 m final	W55								
18.00	100 m final	M50								
18.07	100 m final	W50								
18.15	100 m final	M45								
18.22	100 m final	W45								
18.30	100 m final	M40								
18.37	100 m final	W40								
18.45	100 m final	M35								
18.52	100 m final	W35								

Hu. = hurdles

# Competition Day 4 - July 30

Ceres Park							Cycling Track	
	Track	Group	Field	Group	Out of stadia throwing field	Group	Track	Group
09.30			Triple jump	M40			4 km Cross country	W55+
10.00	200 m Hu. final	M80						
10.10	200 m Hu. final	W70+						
10.20	300 m Hu. final	W65						
10.30	300 m Hu. final	W60					4 km Cross country	W35-50
10.40	300 m Hu. final	M75						
10.50	300 m Hu. final	M70						
11.00	300 m Hu. final	W55						
11.10	300 m Hu. final	W50						
11.15			Triple jump	M80+				
11.20	300 m Hu. final	M60						
11.30	300 m Hu. final	M65	Triple jump	M50			4 km Cross country	M35-45
11.40	400 m Hu. final	W45						
11.50	400 m Hu. final	W40						
12.00	400 m Hu. final	W35						
12.10	400 m Hu. final	M55	Long jump hep.	W35				
12.20	400 m Hu. final	M50	Discus dec.	M55				
12.30	400 m Hu. final	M45	Pole vault dec	M45	Shot put	W70	4 km Cross country	M50-55
12.40	400 m Hu. final	M40						
12.45			Triple jump	M65	Shot put	M60		
12.45			Pole vault	W40				
12.50	400 m Hu. final	M35						
13.00			Discus	M50				
13.30							4 km Cross country	M60+
13.45			Triple jump	M55				
14.15			Triple jump	M70	Shot put	M55		
14.45			Pole vault	W35				
15.00	1500 m final	W70+			Discus	W75		
15.15	1500 m final	W65			Shot put	M65		
15.30	1500 m final	W60	Discus	M45				
15.45	1500 m final	W55	Triple jump	M60				
16.00	1500 m final	W50			Shot put	W65		
16.15	1500 m final	W45	Triple jump	M75				
16.30	1500 m final	W40			Discus	W80+		
16.45	1500 m final	W35						
17.00	1500 m final	M35	Javelin	W60				
17.15	1500 m final	M40						
17.30	1500 m final	M45	Triple jump	M45				
17.45	1500 m final	M50						
18.00	1500 m final	M55						
18.15	1500 m final	M60	Javelin	W55				
18.30	1500 m final	M65						
18.45	1500 m final	M70	Triple jump	M35				
19.00	1500 m final	M75						
19.15	1500 m final	M80+						

Hu. = hurdles

# Competition Day 5 - July 31

Ceres Park							Viby Stadium					
	Track	Group	Field	Group	Out of stadia throwing field	Group	Track	Group	Field	Group	Out of stadia throwing field	Group
08.00							5000 m race walk	W40				
08.15												
08.30												
08.45							5000 m race walk	W45				
09.00			Javelin	M35					Javelin	M75		
09.15												
09.30			Long jump	W40			5000 m race walk	W50			Discus	W65
09.45	400 m heat	M75										
10.00	400 m heat	M70	Pole vault	M55	Discus	W50			Long jump	W35		
10.15	400 m heat	M65					5000 m race walk	W55				
10.30	400 m heat	M60	Javelin	M55								
10.45									Javelin	M85+		
10.50	400 m heat	M55										
11.00							5000 m race walk	W60				
11.20	400 m heat	M50										
11.30												
11.45							5000 m race walk	W65				
11.50	400 m heat	M45										
12.00			Long jump	W45	Shot put	W75			Javelin	M80		
12.15					Discus	W70					Discus	W35
12.20	400 m heat	M40										
12.30							5000 m race walk	W70+	Long jump	W55		
12.35	400 m heat	M35										
12.55	400 m heat	W35										
13.00			Pole vault	M45	Shot put	W85						
13.00			Javelin	M40								
13.05	400 m heat	W40										
13.15							5000 m race walk	W35				
13.20	400 m heat	W45										
13.45	400 m heat	W50							Javelin	M70		
14.00	400 m heat	W55	Pole vault	M50	Shot put	W80	5000 m race walk	M35			Discus	W60
14.15	400 m heat	W60			Discus	W45						
14.30	400 m heat	W65	Long jump	W75+								
14.45	400 m heat	W70					5000 m race walk	M40-45				
15.00			Javelin	M45					Long jump	W60		
15.15	3000 m Steeplechase	M35										
15.30	3000 m Steeplechase	M40					5000 m race walk	M50				
15.45	3000 m Steeplechase	M45										
16.00	3000 m Steeplechase	M50	Pole vault	M40								
16.15	3000 m Steeplechase	M55			Discus	W40	5000 m race walk	M55				
16.30	2000 m Steeplechase	M60	Long jump	W50					Javelin	M65		
16.45	2000 m Steeplechase	M65									Discus	W55
17.00	2000 m Steeplechase	M70+	Pole vault	M60			5000 m race walk	M60	Long jump	W65		
17.15	2000 m Steeplechase	W55+										
17.30	2000 m Steeplechase	W35										
17.45	2000 m Steeplechase	W40	Javelin	M50			5000 m race walk	M65				
18.00	2000 m Steeplechase	W45-50										
18.15	400 m semi	M50										
18.30	400 m semi	M45	Long jump	W70			5000 m race walk	M70	Javelin	M60		
18.30			Pole vault	M35								
18.45	400 m semi	M55										
19.00	400 m semi	M60										
19.15	400 m semi	W45					5000 m race walk	M75				
19.30	400 m semi	M35										
19.45												
20.00							5000 m race walk	M80+				





Ceres Park							Viby Stadium			
	Track	Group	Field	Group	Out of stadia throwing field	Group	Field	Group	Out of stadia throwing field	Group
08.30					Hammer T-pen.	M60			Hammer T-pen.	M45
09.00	200 m semi	W55								
09.15	200 m semi	W60								
09.30	200 m semi	W45								
09.45	200 m semi	W50	High jump	W70			Shot put T-pen.	M45	Hammer T-pen.	M40
09.45			Shot put T-pen.	M60	Hammer T-pen.	M65				
10.00	200 m semi	M35					High jump	W65		
10.15	200 m semi	M40								
10.30	200 m semi	M45								
10.45	200 m semi	M50								
11.00	200 m semi	M55	High jump	M50	Hammer T-pen.	M70	Shot put T-pen.	M40	Hammer T-pen.	M50
11.00			Shot put T-pen.	M65						
11.00			Discus T-pen.	M60						
11.15	200 m semi	M60								
11.30	200 m semi	M70								
11.45	200 m semi	M65								
12.00	80 m hurdles final	W70+					High jump	W50		
12.10	80 m hurdles final	W65								
12.15			Shot put T-pen.	M70	Hammer T-pen.	M35				
12.15			Discus T-pen.	M65						
12.20	80 m hurdles final	W60								
12.30	80 m hurdles final	M80+					Shot put T-pen.	M50	Discus T-pen.	M45
12.40	80 m hurdles final	W50								
12.50	80 m hurdles final	W55								
13.00	80 m hurdles final	M70	High jump	M35	Hammer T-pen.	M55				
13.10	80 m hurdles final	M75								
13.20	80 m hurdles final	W40								
13.30	80 m hurdles final	W45	Shot put T-pen.	M35						
13.30	100 m hurdles final	M65	Discus T-pen.	M70						
13.40	100 m hurdles final	M60								
13.45							Javelin T-pen.	M45	Discus T-pen.	M40
13.50	100 m hurdles final	W35								
14.00	100 m hurdles final	M55			Javelin T-pen.	M60	High jump	W60		
14.10	100 m hurdles final	M50								
14.15			Shot put T-pen.	M55						
14.20	110 m hurdles final	M45								
14.30	110 m hurdles final	M40								
14.40	110 m hurdles final	M35								
14.45			Discus T-pen.	M35						
15.00							Javelin T-pen.	M40	Discus T-pen.	M50
15.00							Weight throw T-pen.	M45		
15.15					Javelin T-pen.	M65				
15.15					Weight throw T-pen.	M60				
15.30			High jump	M40						

T-pen. = throwing pentathlon



Ceres Park							Viby Stadium			
	Track	Group	Field	Group	Out of stadia throwing field	Group	Field	Group	Out of stadia throwing field	Group
15.30			Discus T-pen.	M55						
15.45	800 m semi	M55								
16.00	800 m semi	M50					High jump	W55		
16.15					Javelin T-pen.	M70	Javelin T-pen.	M50		
16.15							Weight throw T-pen.	M40		
16.30					Weight throw T-pen.	M65				
17.00	200 m final	M85+								
17.07	200 m final	M80								
17.15	200 m final	W80+	High jump	M45						
17.22	200 m final	M75								
17.30	200 m final	W75			Javelin T-pen.	M35				
17.30					Weight throw T-pen.	M70				
17.37	200 m final	M70								
17.45	200 m final	W70					Weight throw T-pen.	M50		
17.52	200 m final	M65								
18.00	200 m final	W65								
18.07	200 m final	M60								
18.15	200 m final	W60			Javelin T-pen.	M55				
18.22	200 m final	M55								
18.30	200 m final	W55								
18.37	200 m final	M50								
18.45	200 m final	W50			Weight throw T-pen.	M35				
18.52	200 m final	M45								
19.00	200 m final	W45								
19.07	200 m final	M40								
19.15	200 m final	W40								
19.22	200 m final	M35								
19.37	200 m final	W35			Weight throw T-pen.	M55				

T-pen. = throwing pentathlon

# Competition Day 9 - August 5

Ceres Park							Viby Stadium				
	Track	Group	Field	Group	Out of stadia throwing field	Group	Field	Group	Out of stadia throwing field	Group	
08.30					Hammer T-pen.	W45					
09.00									Hammer T-pen.	W60	
09.45					Hammer T-pen.	W35					
09.45					Shot put T-pen.	W45					
10.00	800 m final	M85					High jump	M65	Hammer T-pen.	W65	
10.10	800 m final	M80									
10.20	800 m final	M75									
10.30	800 m final	W75+			Hammer T-pen.	W75+					
10.40	800 m final	M70									
10.45			Discus T-pen.	W45	Shot put T-pen.	W35			Hammer T-pen.	W70	
10.50	800 m final	W70									
11.00	800 m final	M65	High jump	M60			Discus T-pen.	W60			
11.10	800 m final	W65									
11.15					Hammer T-pen.	W55					
11.20	800 m final	M60									
11.30	800 m final	W60			Shot put T-pen.	W75+					
11.40	800 m final	M55									
11.45									Hammer T-pen.	W50	
11.50	800 m final	W55									
12.00	800 m final	M50	Discus T-pen.	W35			High jump	M55			
12.00							Discus T-pen.	W65			
12.10	800 m final	W50									
12.15					Hammer T-pen.	W40	Javelin T-pen.	W60			
12.15					Shot put T-pen.	W55					
12.20	800 m final	M45									
12.30	800 m final	W45									
12.40	800 m final	M40									
12.50	800 m final	W40									
13.00	800 m final	M35	High jump	M80+							
13.00			Discus T-pen.	W75+							
13.10	800 m final	W35		W75+					Discus T-pen.	W70	
13.20							Javelin T-pen.	W65			
13.30					Shot put T-pen.	W40	Weight throw T-pen.	W60			
13.45	4x100 m relay men and women Time schedule to be announced						High jump	M75			
14.00			Discus T-pen.	W55							
14.15							Javelin T-pen.	W70	Discus T-pen.	W50	
14.30							Weight throw T-pen.	W65			
14.45											
15.00			High jump	W75+	Weight throw T-pen.	W45					
15.15			Discus T-pen.	W40			High jump	M70			
15.15							Weight throw T-pen.	W70			
15.30							Javelin T-pen.	W50			
15.30											
15.45						Weight throw T-pen.	W35				
16.00											
16.15											
16.30						Weight throw T-pen.	W75+				
16.45								Weight throw T-pen.	W50		
17.00											
17.15						Weight throw T-pen.	W55				
17.30											
17.45											
18.15					Weight throw T-pen.	W40					

T-pen. = throwing pentathlon

# Competition Day 10 - August 6

Ceres Park							Out of stadia		
	Track	Group	Field	Group	Out of stadia throwing field	Group	Road	Group	
09.00					Hammer T-pen.	M80+			
09.30							Half marathon	All age groups	
10.00					Hammer T-pen.	M75			
10.00					Shot put T-pen.	M80+			
11.00					Discus T-pen.	M80+			
11.00					Shot put T-pen.	M75			
12.00					Discus T-pen.	M75			
13.00			Long jump	M40					
13.00					Javelin T-pen.	M80+			
13.30	4x400 m relay men and women Time schedule to be announced		High jump	W35-40					
13.45					Javelin T-pen.	M75			
14.00									
14.15									
14.30									
14.45						Weight throw T-pen.	M75		
15.00				Long jump	M35				
15.15				High jump	M35				
15.30									
15.45									
16.00									

T-pen. = throwing pentathlon