

# 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      | 110 m Hu. 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 dec.                  | 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   |                 |       |                              |       |                |        |                 |        |                              |       |
| 20.00      | 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  | W40   |            |       |                              |       |
| 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    | M50    |              |       |            |       |                              |       |
| 13.15      | 400 m Hu. heat | W40   |             |        |              |       |            |       |                              |       |
| 13.30      |                |       | 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<br>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   |             |       |                                 |       |                    |        |
| 12.20      | 400 m Hu. final | M50   |             |       |                                 |       |                    |        |
| 12.30      | 400 m Hu. final | 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<br>throwing field | Group | Track            | Group  | Field     | Group | Out of stadia<br>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+   |           |       |                                 |       |





## Competition Day 8 - August 4

| Ceres Park |                     |       |                 |       |                                 |       | Viby Stadium        |       |                                 |       |  |
|------------|---------------------|-------|-----------------|-------|---------------------------------|-------|---------------------|-------|---------------------------------|-------|--|
|            | Track               | Group | Field           | Group | Out of stadia<br>throwing field | Group | Field               | Group | Out of stadia<br>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   |                                 |       |  |
| 12.15      |                     |       | 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      |                     |       |                 |       |                                 |       |                     |       |                                 |       |  |
| 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   |                                 |       |                     |       |                                 |       |  |
| 14.50      | 80 m hurdles final  | W50   |                 |       |                                 |       |                     |       |                                 |       |  |
| 15.00      | 80 m hurdles final  | W65   |                 |       |                                 |       | 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

## Competition Day 8 - August 4

| Ceres Park |             |       |               |       |                                 | Viby Stadium |                     |       |                                 |       |
|------------|-------------|-------|---------------|-------|---------------------------------|--------------|---------------------|-------|---------------------------------|-------|
|            | Track       | Group | Field         | Group | Out of stadia<br>throwing field | Group        | Field               | Group | Out of stadia<br>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   |               |       |                                 |              |                     |       |                                 |       |
| 19.30      | 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   |  |
| 10.00      |  |       |               |       |                              |       | Shot put T-pen.     | W60   |                              |       |  |
| 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   |                              |       |  |
| 11.00      |  |       |               |       |                              |       | Shot put T-pen.     | W65   |                              |       |  |
| 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      |  |       |               |       |                              |       | Shot put T-pen.     | W70   | 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+  |                              |       | Shot put T-pen      | W50   |                              |       |  |
| 13.00      |  |       | Discus T-pen. | W75+  |                              |       |                     |       |                              |       |  |
| 13.10      | 800 m final  | W35   |               |       |                              |       |                     |       | Discus T-pen.                | W70   |  |
| 13.20      |  |       |               |       |                              |       | Javelin T-pen.      | W65   |                              |       |  |
| 13.30      |  |       |               |       | Shot put T-pen.              | W40   | Weight throw T-pen. | W60   |                              |       |  |
| 13.30      |  |       |               |       | Javelin T-pen.               | W45   |                     |       |                              |       |  |
| 13.45      |  |       |               |       |                              |       | High jump           | M75   |                              |       |  |
| 14.00      |  |       | Discus T-pen. | W55   |                              |       |                     |       |                              |       |  |
| 14.15      |  |       |               |       |                              |       | Javelin T-pen.      | W70   | Discus T-pen.                | W50   |  |
| 14.30      |  |       |               |       | Javelin T-pen.               | W35   | 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.               | W75+  | Javelin T-pen.      | W50   |                              |       |  |
| 15.45      | 4x100 m relay men and women<br>Time schedule to be announced |       |               |       | Weight throw T-pen.          | W35   |                     |       |                              |       |  |
| 16.00      |  |       |               |       |                              |       |                     |       |                              |       |  |
| 16.15      |  |       |               |       | Javelin T-pen.               | W55   |                     |       |                              |       |  |
| 16.30      |  |       |               |       | Weight throw T-pen.          | W75+  |                     |       |                              |       |  |
| 16.45      |  |       |               |       |                              |       | Weight throw T-pen. | W50   |                              |       |  |
| 17.00      |  |       |               |       |                              |       |                     |       |                              |       |  |
| 17.15      |  |       |               |       | Javelin T-pen.               | W40   |                     |       |                              |       |  |
| 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<br>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<br>Time schedule to be announced |       | High jump | W35-40    |                                 |                     |               |                |  |
| 13.45      |  |       |           |           | Javelin T-pen.                  | M75                 |               |                |  |
| 14.00      |  |       |           |           | Weight throw T-pen.             | M80+                |               |                |  |
| 14.15      |  |       |           |           |                                 |                     |               |                |  |
| 14.30      |  |       |           |           |                                 |                     |               |                |  |
| 14.45      |  |       |           |           |                                 | Weight throw T-pen. | M75           |                |  |
| 15.00      |  |       |           | Long jump | M35                             |                     |               |                |  |
| 15.15      |  |       |           | High jump | W45                             |                     |               |                |  |
| 15.30      |  |       |           |           |                                 |                     |               |                |  |
| 15.45      |  |       |           |           |                                 |                     |               |                |  |
| 16.00      |  |       |           |           |                                 |                     |               |                |  |

T-pen. = throwing pentathlon