

HORARIO DE COMPETICION

Apertura Cámara Chamadas	Saída Pista	HORA PROBA	PROBA		
9:30	9:35	9:45	5000 marcha		H
9:30	9:35	9:45	5000 marcha		M
9:30	9:35	10:00	disco m55 y sup		H
10:05	10:10	10:25	400 mv		H
9:55	10:00	10:25	altura		M
10:17	10:22	10:32	5000 m35		H
10:02	10:07	10:32	peso		M
10:37	10:42	10:52	5000 m40		H
10:22	10:27	10:52	disco m35-m45		H
10:54	10:59	11:09	5000 m45		H
11:12	11:17	11:27	5000 m50-55		H
10:57	11:02	11:27	peso m50 y sup		H
11:35	11:40	11:50	5000 f55		M
11:35	11:40	11:50	5000 m60-65		H
11:20	11:25	11:50	disco		M
11:35	11:40	12:05	altura		H
12:05	12:10	12:20	5000 f 45-50		M
12:10	12:15	12:40	xavelina m40-45		H
12:35	12:40	12:50	5000 f35-40		M
13:05	13:10	13:20	800 m35		H
12:50	12:55	13:20	peso m 35-45		H
13:13	13:18	13:28	800 m40		H
13:21	13:26	13:36	800 m45		H
13:29	13:34	13:44	800 m50-55		H
13:15	13:20	13:45	xavelina m50 e sup		H

13:37
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14:50
15:00
15:10

800 m55-60-70		H
800 f35-40-45		M
800 f50-60		M
1500 m35		H
1500m 40-45		H
xavelina		M
1500 m50		H
1500 m55-60-65-70		H
1500 f40-45		M
1500 f50-55-60-65		M

Minutos en C. Llamadas:

5

Tipo de prueba		
1	10	Carreras
2	15	Carreras c/ vallas o relevos
3	25	Concursos
4	35	Salto con Pértiga
5		