

General Timetable

EMACI Torun 2015		Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th	Saturday 28 th
60m	Heats		All				
	Semifinals		All				
	Finals			All			
200m	Heats				All		
	Semifinals					All	
	Finals					All	
400m	Heats	All					
	Semifinals		All				
	Finals		All				
800m	Semifinals			All			
	Finals				All		
1500m	Finals					All	
3000m	Finals	All					
60m h.	Semifinals					All	
	Finals						All
3000m Walk	Finals		Men	Women			
4x200m	Finals						All
Pentathlon				M50+	M35/M40/M45	Women All	
5km Walk Road							All
5km Cross						All	
High Jump		M70+ / Women	M35/40/45/50/55/60/65				
Pole vault				M35/40/45/50	M55/60/65/70+	Women	
Long Jump		M35/40/45/50/55/60/65	M70+ / Women				
Triple Jump				W35/40/45/50	W55/60/65+	M55/60/65/70/75+	M35/40/45/50
Shot Put		Women	M35/M40/M45		M75/80+	M60/65/70	M50/55
Discus					M55+	M35/40/45/50/55	Women
Hammer throw		M35/40/45/50	M55+	Women			
Javelin		M55+	Women	M35/40/45/50			
Weight throw					M35/40/45/50/55	Women	M60+

MONDAY 23th

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
09:00	3000	M80+		Final
9:20	3000	M75		Final
9:40	3000	M70		Final
10:00	3000	W65+		Final
10:25	3000	M65		Final
10:40	3000	M60	2	Final
11:10	3000	W55/60		Final
11:30	3000	M55	2	Final
12:00	3000	W50		Final
12:15	3000	M50	2	Final
12:45	3000	W45		Final
13:00	3000	M45		Final
13:15	3000	M40	2	Final
13:45	3000	W35/40		Final
14:00	3000	M35		Final

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
14:25	400	M75	3	Heat
14:40	400	M70	2	Heat
15:05	400	M65	4	Heat
15:25	400	M60	5	Heat
15:50	400	M55	4	Heat
16:10	400	M50	6	Heat
16:40	400	M45	4	Heat
17:00	400	M40	3	Heat
17:15	400	M35	4	Heat
17:35	400	W60	2	Heat
17:45	400	W55	2	Heat
17:55	400	W50	3	Heat
18:10	400	W45	2	Heat
18:20	400	W40	3	Heat
18:35	400	W35	3	Heat

SPORTS HALL CONTESTS									
TIME	VENUE	CAT.	TYPE	VENUE	CAT.	TYPE	VENUE	CAT.	TYPE
9:00	High J. A	W70& +	Final	Long Jump	M65	Final	Shot Put	W35/40	Final
10:00	High J. A	W60/65	Final						
10:20						Final	Shot Put	W45	Final
10:40				Long Jump	M60				
11:30	High J. A	W55	Final						
11:40							Shot Put	W60	Final
12:00				Long Jump	M55	Final			
12:50	High J. A	W50	Final				Shot Put	W65	Final
13:40				Long Jump	M35	Final			
14:05	High J. A	W45	Final				Shot Put	W55	Final
14:45	High J. B	M75& +	Final						
15:00				Long Jump	M40	Final			
15:20	High J. A	W40	Final				Shot Put	W50	Final
16:25	High J. A	W35	Final						
16:30	High J. B	M70	Final	Long Jump	M45	Final	Shot Put	W70	Final
17:15							Shot Put	W75 & +	Final
18:00				Long Jump	M50	Final			

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
10:00	Hammer	M50	Final
11:30	Hammer	M45	Final
12:30	Hammer	M40	Final
14:00	Hammer	M35	Final

STADIUM			
JAVELIN THROW			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	M80 & +	Final
9:50	Javelin	M75	Final
10:45	Javelin	M70	Final
12:15	Javelin	M65	Final
13:45	Javelin	M60	Final
14:30	Javelin	M55	Final

TUESDAY 24th

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
8:00	3000 Walk	M75&+		Final
8:30	3000 Walk	M70		Final
9:00	3000 Walk	M65		Final
9:25	3000 Walk	M55-60		Final
9:50	3000 Walk	M45-50		Final
10:10	3000 Walk	M35-40		Final
10:30	400	M65	4	Semif.
10:50	400	M60	5	Semif.
11:15	400	M55	4	Semif.
11:35	400	M50	6	Semif.
12:05	400	M45	4	Semif.
12:25	400	M35	4	Semif.
12:50	60	M80	2	Heat
13:00	60	M75	2	Heat
13:10	60	M70	3	Heat
13:25	60	M65	4	Heat
13:45	60	M60	4	Heat
14:05	60	M55	5	Heat
14:30	60	M50	7	Heat
15:05	60	M45	7	Heat
15:40	60	M40	5	Heat
16:05	60	M35	6	Heat
16:35	60	W70	2	Heat
16:45	60	W65	2	Heat
16:55	60	W60	2	Heat
17:05	60	W55	2	Heat
17:15	60	W50	2	Heat
17:25	60	W45	2	Heat
17:35	60	W40	3	Heat
17:50	60	W35	3	Heat

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
18:10	60	M65	2	Semif.
18:25	60	M60	2	Semif.
18:35	60	M55	2	Semif.
18:45	60	M50	3	Semif.
19:00	60	M45	3	Semif.
19:15	60	M40	2	Semif.
19:25	60	M35	2	Semif.
19:40	400	W70+		Final
19:45	400	W65		Final
19:50	400	W60		Final
19:55	400	W55		Final
20:00	400	W50		Final
20:05	400	W45		Final
20:10	400	W40		Final
20:15	400	W35		Final
20:20	400	M85/90		Final
20:25	400	M80		Final
20:30	400	M75		Final
20:35	400	M70		Final
20:40	400	M65		Final
20:45	400	M60		Final
20:50	400	M55		Final
20:55	400	M50		Final
21:00	400	M45		Final
21:05	400	M40		Final
21:10	400	M35		Final

SPORTS HALL CONTESTS									
	HIGH JUMP			LONG JUMP			SHOT PUT		
TIME	VENUE	CAT.	TYPE	VENUE	CAT.	TYPE	VENUE	CAT.	TYPE
08:30	High Jump A	M65	Final	Long J.A	W70 & +	Final			
09:40				Long J. A	W60/65	Final			
10:00	High Jump A	M55	Final						
10:30	High Jump B	M50	Final						
11:20	High Jump A	M45	Final	Long J. A	W55	Final			
12:30				Long J.A	W50	Final			
13:50				Long J. A	W45	Final			
15:00							Shot Put	M45	Final
15:10				Long J.A	W40	Final			
16:15							Shot Put	M40	Final
16:30				Long J. A	M70	Final			
17:30							Shot Put	M35	Final
18:10				Long J. B	M75 & +	Final			
18:30	High Jump A	M35/40	Final						
18:30	High Jump B	M60	Final						
19:40				Long J. A	W35	Final			

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
9:00	Hammer	M80 & +	Final
10:20	Hammer	M70/75	Final
12:00	Hammer	M60/65	Final
14:00	Hammer	M55	Final

STADIUM			
JAVELIN			
TIME	VENUE	CAT.	TYPE
8:50	Javelin	W65 & +	Final
10:00	Javelin	W55/60	Final
11:40	Javelin	W50	Final
12:45	Javelin	W40/45	Final
14:00	Javelin	W35	Final

WENSDAY 25th

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
8:00	60 Hurdles	M70 &+	3	Pentathlon
8:30	3000 Walk	W65& +		Final
9:10	60 Hurdles	M65	3	Pentathlon
9:25	3000 Walk	W55-60		Final
10:00	3000 Walk	W35-50		Final
10:30	60 Hurdles	M60	3	Pentathlon
10:45	800	W40	2	Heat
11:00	800	W55	2	Heat
11:15	800	M75	2	Heat
11:30	800	M70	2	Heat
12:00	60 Hurdles	M55	3	Pentathlon
12:15	800	M65	3	Heat
12:40	800	M60	3	Heat
13:05	60 Hurdles	M50	3	Pentathlon
13:20	1000	M70 &+	2	Pentathlon
13:40	800	M55	3	Heat
14:00	800	M50	5	Heat
14:40	1000	M65	2	Pentathlon
15:00	800	M45	3	Heat
15:20	800	M40	4	Heat
15:50	1000	M60	2	Pentathlon
16:10	800	M35	3	Heat
17:30	1000	M55	2	Pentathlon

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
18:00	60	M90&+		Final
18:05	60	M85		Final
18:10	60	W85 & +		Final
18:15	60	M80		Final
18:20	60	M75		Final
18:25	60	W75		Final
18:30	1000	M50		Pentathlon
18:50	60	M70		Final
18:55	60	W70		Final
19:00	60	M65		Final
19:05	60	W65		Final
19:10	60	M60		Final
19:15	60	W60		Final
19:25	60	M55		Final
19:40	60	W55		Final
19:45	60	M50		Final
19:50	60	W50		Final
19:55	60	M45		Final
20:00	60	W45		Final
20:05	60	M40		Final
20:10	60	W40		Final
20:15	60	M35		Final
20:20	60	W35		Final

SPORTS HALL CONTESTS							
				PENTATHLON			
TIME	Pole Vault	CAT.	TYPE		VENUE	CAT.	TVPE
8:40					Long Jump	M70 &+	Pentathlon
9:00	Pole Vault	M50	Final				
10:00					Long Jump	M65	Pentathlon
10:00					Shot Put	M70 &+	Pentathlon
11:20					Long Jump	M60	Pentathlon
11:20					High Jump A+B	M70 &+	Pentathlon
11:20					Shot Put	M65	Pentathlon
12:00	Pole Vault	M45	Final				
12:40					Shot Put	M60	Pentathlon
12:40					Long Jump	M55	Pentathlon
12:40					High Jump A+B	M65	Pentathlon
14:00					Shot Put	M55	Pentathlon
14:00					Long Jump	M50	Pentathlon
14:00					High Jump A+B	M60	Pentathlon
15:00	Pole Vault	M35/40	Final				
15:20					Shot Put	M50	Pentathlon
15:20					High Jump A+B	M55	Pentathlon
16:00	Triple Jump	W50	Final				
16:40					High Jump A+B	M50	Pentathlon
17:30	Triple Jump	W45	Final				
19:00	Triple Jump	W35/40	Final				

THROWING FIELD			
HAMMER THROW			
TIME	VENUE	CAT.	TYPE
9:00	Hammer	W70 & +	Final
10:15	Hammer	W60/65	Final
11:30	Hammer	W55	Final
12:45	Hammer	W50	Final
14:00	Hammer	W45	Final

STADIUM & THROWING FIELD			
JAVELIN & HAMMER THROW			
TIME	VENUE	CAT.	TYPE
9:00	Javelin	M35	Final
10:00	Javelin	M40	Final
11:00	Javelin	M45	Final
12:00	Javelin	M50	Final
13:00	Hammer	W35/40	Final

THURSDAY 26th

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
8:50	60 Hurdles	M45	3	Pentathlon
9:10	200	M80	2	Heat
9:20	200	M75	3	Heat
9:40	200	W70	4	Heat
10:00	200	M65	6	Heat
10:30	200	W65	2	Heat
10:40	60 Hurdles	M40	3	Pentathlon
11:00	200	M60	7	Heat
10:35	200	W60	2	Heat
10:45	200	M55	6	Heat
11:15	200	W55	3	Heat
11:30	200	M50	9	Heat
12:20	60 Hurdles	M35	2	Pentathlon
12:30	200	W50	4	Heat
12:50	200	M45	7	Heat
13:25	200	W45	3	Heat
13:40	200	M40	7	Heat
14:15	200	W40	3	Heat
14:30	1000	M45	2	Pentathlon
14:50	200	M35	6	Heat
15:20	200	W35	4	Heat
16:00	1000	M40	2	Pentathlon

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYPE
17:20	800	M80 & +		Final
17:30	800	W70 & +		Final
17:20	800	M75		Final
17:30	800	M70		Final
17:40	1000	M35	1	Pentathlon
17:50	800	W65		Final
18:00	800	M65		Final
18:10	800	W60		Final
18:20	800	M60		Final
18:30	800	W55		Final
18:40	800	M55		Final
19:00	800	W50		Final
19:10	800	M50		Final
19:20	800	W45		Final
19:30	800	M45		Final
19:40	800	W40		Final
19:50	800	M40		Final
20:10	800	W35		Final
20:20	800	M35		Final

SPORTS HAL CONTESTS							
TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
9:00	Pole Vault	M75 & +	Final				
9:40					Long Jump	M45	Pentathlon
10:45	Pole Vault	M70	Final				
10:55							
11:20					Shot Put	M45	Pentathlon
11:20					Long Jump	M40	Pentathlon
12:00	Pole Vault	M65	Final				
13:00					Long Jump	M35	Pentathlon
13:00					Shot Put	M40	Pentathlon
13:00					High Jump A+B	M45	Pentathlon
14:30					Shot Put	M35	Pentathlon
14:30					High Jump A+ B	M40	Pentathlon
14:00							
15:00	Pole Vault	M60	Final				
16:00					High Jump A	M35	Pentathlon
17:15	Pole Vault	M55	Final				
17:15	Triple Jump	W55	Final		Shot Put	M80&+	Final
18:30	Triple Jump	W60 & +	Final				
18:30					Shot Put	M75	Final

STADIUM			
DISCUS			
TIME	VENUE	CAT.	TYPE
09:00	Discus	M80 & +	Final
10:30	Discus	M75	Final
11:45	Discus	M70	Final
13:20	Discus	M65	Final
15:00	Discus	M60	Final

THROWING FIELD			
WEIGHT THROW			
TIME	VENUE	CAT.	TYPE
09:00	Weight Throw	M55	Final
10:15	Weight Throw	M50	Final
11:45	Weight Throw	M45	Final
13:00	Weight Throw	M40	Final
14:00	Weight Throw	M35	Final

FRIDAY 27th

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYTE
8:40	60 Hurdles	M70	2	Heat
8:55	60 Hurdles	M65	3	Heat
9:10	60 Hurdles	M60	3	Heat
9:30	60 Hurdles	M55	3	Heat
9:45	60 Hurd.	M50	4	Heat
10:10	60 Hurdles	W55 &+	2	Pentathlon
10:25	60 Hurd.	M45	2	Heat
10:35	60 Hurdles	M40	2	Heat
10:45	60 Hurdles	M35	2	Heat
11:00	200	M70	2	Semif.
11:10	200	M65	3	Semif.
11:25	200	M60	3	Semif.
11:40	200	M55	3	Semif.
11:55	60 Hurdles	W50	2	Pentathlon
12:05	200	M50	4	Semif.
12:25	200	W50	2	Semif.
12:35	200	M45	3	Semif.
12:50	200	M40	3	Semif.
13:05	60 Hurdles	W45	2	Pentathlon
13:15	200	W35	2	Semif.
13:25	200	M35	3	Semif.
13:40	1500	M80+	1	Final
13:50	1500	M75	1	Final
14:00	1500	M70	1	Final
14:10	60 Hurdles	W35/40	3	Pentathlon
14:30	1500	W65 &+	2	Final
14:50	1500	M65	1	Final
15:00	1500	W55/60	1	Final
15:10	1500	M60	2	Final
15:30	1500	W45/50	1	Final
15:40	1500	M55	2	Final
16:00	800	W55 &+	2	Pentathlon

SPORTS HALL RACES				
TIME	VENUE	CAT.		TYTE
16:15	1500	M50	2	Final
16:35	1500	M45	2	Final
17:05	1500	M40	2	Final
17:25	800	W50	2	Pentathlon
17:40	1500	M35	2	Final
18:00	1500	W35/40	2	Final
18:20	800	W45	2	Pentathlon
18:40	200	M90		Final
18:45	200	W80 &+		Final
18:50	200	M85		Final
18:55	200	M80		Final
19:00	200	W75		Final
19:05	200	M75		Final
19:10	200	W70		Final
19:15	200	M70		Final
19:20	200	W65		Final
19:25	200	M65		Final
19:30	200	W60		Final
19:35	200	M60		Final
19:40	200	W55		Final
19:45	200	M55		Final
19:50	200	W50		Final
19:55	200	M50		Final
20:00	800	W35/40	2	Pentathlon
20:10	200	W45		Final
20:15	200	M45		Final
20:20	200	W40		Final
20:25	200	M40		Final
20:30	200	W35		Final
20:35	200	M35		Final

SPORTS HAL CONTESTS							
TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
9:00	Triple Jump	M80 & +					
10:20	Triple Jump	M70/75					
11:10					High Jump	W55 & +	Pentathlon
11:30					Shot Put	M70	Final
11:50	Triple Jump	M65					
12:35					High Jump	W50	Pentathlon
13:00					Shot Put	W55 & +	Pentathlon
13:10	Triple Jump	M60					
13:40					High Jump	W45	Pentathlon
14:10					Shot Put	W50	Pentathlon
14:40					Long Jump	W55 & +	Pentathlon
14:50					High Jump	W35/40	Pentathlon
15:20					Shot Put	W45	Pentathlon
15:30					Long Jump	W50	Pentathlon
16:30	Pole Vault	W55 & +	Final				
16:50					Shot Put	W35/40	Pentathlon
16:50					Long Jump	W45	Pentathlon
18:00	Pole Vault	W35/50	Final		Shot Put	M65	Final
18:20					Long Jump	W35/40	Pentathlon
19:30	Triple Jump	M55	Final		Shot Put	M60	Final
19:30	Triple Jump	M55	Final				

STADIUM			
DISCUS			
TIME	VENUE	CAT.	TYPE
9:00	Discus	M55	Final
11:00	Discus	M50	Final
13:00	Discus	M45	Final
14:00	Discus	M40	Final
15:00	Discus	M35	Final

THROWING FIELD			
WEIGHT THROW			
TIME	VENUE	CAT.	TYPE
9:00	Weight Throw	W70 & +	Final
10:20	Weight Throw	W60/65	Final
11:50	Weight Throw	W55	Final
12:50	Weight Throw	W50	Final
13:40	Weight Throw	W45	Final
15:10	Weight Throw	W35/40	Final

CROSS COUNTRY			
TIME	VENUE	CAT.	TYPE
9:00	5km	M75 & +	Final
9:45	5km	M65/70	Final
10:30	5km	M60	Final
11:00	5km	M55	Final
11:30	5km	M50	Final
12:00	5km	M45	Final
12:30	5km	M40	Final

CROSS COUNTRY			
TIME	VENUE	CAT.	TYPE
13:00	5km	M35	Final
13:30	5km	W60 & +	Final
14:20	5km	W50/55	Final
15:00	5km	W35/40/45	Final

SATURDAY 28th

SPORTS HALL RACES				
	TIME	CAT.		TYPE
9:00	60 Hurdles	M80		Final
9:05	60 Hurdles	W70		Final
9:10	60 Hurdles	W65		Final
9:15	60 Hurdles	W60		Final
9:20	60 Hurdles	M75		Final
9:25	60 Hurdles	M70		Final
9:30	60 Hurdles	W55		Final
9:35	60 Hurdles	W50		Final
9:40	60 Hurdles	W45		Final
9:45	60 Hurdles	W40		Final
9:50	60 Hurdles	W35		Final
9:55	60 Hurdles	M65		Final
10:00	60 Hurdles	M60		Final
10:10	60 Hurdles	M55		Final
10:15	60 Hurdles	M50		Final
10:25	60 Hurdles	M45		Final
10:30	60 Hurdles	M40		Final
10:35	60 Hurdles	M35		Final

SPORTS HALL RACES				
	TIME	CAT.		TYPE
11:00	4x200	M80		Final
11:20	4x200	M75		Final
11:35	4x200	M70		Final
11:50	4x200	W70		Final
12:05	4x200	M65		Final
12:20	4x200	W65		Final
12:35	4x200	M60		Final
12:50	4x200	W60		Final
13:10	4x200	M55		Final
13:25	4x200	W55		Final
13:40	4x200	M50		Final
13:55	4x200	W50		Final
14:10	4x200	M45		Final
14:25	4x200	W45		Final
14:40	4x200	M40		Final
14:55	4x200	W40		Final
15:10	4x200	M35		Final
15:25	4x200	W35		Final

SPORTS HALL CONTESTS							
TIME	VENUE	CAT.	TYPE		VENUE	CAT.	TYPE
8:30	Triple Jump	M50	Final				
9:00					Shot Put	M50	Final
10:00	Triple Jump	M45	Final				
11:00					Shot Put	M55	Final
11:30	Triple Jump	M40	Final				
12:30	Triple Jump	M35	Final				

STADIUM			
DISCUS			
TIME	VENUE	CAT.	TYPE
09:00	Discus	W65 & +	Final
10:30	Discus	W60	Final
11:20	Discus	W55	Final
12:10	Discus	W50	Final
13:00	Discus	W45	Final

THROWING FIELD & STADIUM			
WEIGHT THROW & DISCUS			
TIME	VENUE	CAT.	TYPE
8:30	Weight Throw	M60	Final
9:30	Weight Throw	M65	Final
10:45	Weight Throw	M70	Final
12:00	Weight Throw	M75 & +	Final
13:00	Discus B	W35/40	Final

5 KILOMETERS WALK			
TIME	VENUE	CAT.	TYPE
9:00	5km Walk	W55&+	Final
9:50	5km Walk	M70 & +	Final
10:40	5km Walk	M60/65	Final
11:20	5km Walk	M50/55	Final
12:00	5km Walk	W35/40/45/50	Final
12:40	5km Walk	M35/40/45	Final