**BALTIC AND ESTONIAN MASTERS OPEN CHAMPIONSHIPS IN ATHLETICS 2023**

**12.-13. August 2023, Tallinn, Kadriorg stadium**

**Day 1**

12.00 100 m M60+

 Triple Jump W35+ (main arena)

 Shot Put M70+ (warm up arena)

 Discus Throw W35-55 (main arena)

 Javelin Throw M50-55 (main arena)

 Weight Throw W60+ (warm up arena)

12.30 100 m M35-55

13.00 100 m W35+

 Weight Throw M60-65 (warm up arena)

13.15 Triple Jump M35+ (main arena)

13.30 1500 m M35+

 Shot Put M50-55 (warm up arena)

 Discus Throw M35-45 (main arena)

 Javelin Throw M60-65 (main arena)

 Weight Throw M60-65 (warm up arena)

14.00 1500 m W35+

 Weight Throw M35-55 (warm up arena)

*14.05 Awording Ceremony (for events ended at 13.30)*

14.30 400 m M35+

 High Jump M35+ (main arena)

 High Jump W35+ (warm up arena)

15.00 400m W35+

15.00 Shot Put M60-65 (warm up arena)

 Discus Throw W60+ (main arena)

 Javelin Throw M70+ (main arena)

 Weight Throw W35-55 (warm up arena)

*15.05 Awording Ceremoni (for events ended at 14.45)*

15.50 4 x 100 m Relay W

16.00 4 x 100 m Relay M

*16.05 Awording Ceremoni (for last events of the day)*

**Day 2**

10.30 5000 m RW W35+,M35+

11.00 Long Jump W35-50 (main arena)

 Hammer Throw M35-45 (warm up arena)

12.00 200 m W35-50

 Shot Put W35-55 (warm up arena)

 Discus Throw M60-65 (main arena)

 Javelin Throw W60+ (main arena)

 Hammer Throw M70+ (warm up arena)

12.15 Long Jump W55+ (main arena)

12.20 200 m M55+

*12.30 Awarding Ceremony (for events ended at 12.15)*

12.40 200 m M35-50

12.45 Hammer Throw M60-65 (warm up arena)

13.20 200 m W55+

13.30 Long Jump M35-50 (main arena)

 Shot Put W60+ (warm up arena)

 Discus Throw M50-55 (main arena)

 Javelin Throw M35-45 (main arena)

 Hammer Throw W35-55 (warm up arena)

13.40 800 m W35+

14.00 800 m M35+

*14.05 Awarding Ceremony (for events ended at 13.45)*

14.15 Hammer Throw W60+ (warm up arena)

14.20 5000m M35+

14.45 Long Jump M55+ (main arena)

14.50 5000m W35+

15.00 Shot Put M35-45 (warm up arena)

 Discus Throw M70+ (main arena)

 Javelin Throw W35-55 (main arena)

 Hammer Throw M50-55 (warm up arena)

*15.45 Awording Ceremony (for last events of the day)*

Competition Director: Peeter Randaru

Technical Delegate: Katrin Polli