

**11. BALTIC OPEN MASTERS
ATHLETICS CHAMPIONSHIPS**
**10. LATVIJAS ČEMPIONĀTS
VIEGLATLĒTIKĀ VECMEISTARIEM**
2024

PROGRAMMA / TIME TABLE



| 27. JŪLIJS | | | |
|--------------------------------|--|------|--------------|
| LAIKS TIME | DISCIPLĪNA EVENT | | GRUPA AGE |
| 10:00 | Reģistrācija Registration | | |
| 12:45 | Sacensību atklāšana Opening ceremony | | |
| 13:00 | 100m | | M 35-85+ |
| | Disks | (DT) | W 55-85+ |
| | Augstlēcšana | (HJ) | W 30-85+ |
| | Lode | (SP) | M 70-85+ |
| | Kārts | (PV) | M/W 30-85+ |
| 13:10 | Trīssolis | (TJ) | M 65-85+ |
| 14:00 | 100m | | W 30-85+ |
| 14:00 | Lode | (SP) | M 55-65+ |
| | Disks | (DT) | W 30-50+ |
| 14:30 | 1500m | | M 35-85+ |
| | Trīssolis | (TJ) | M 35-60+ |
| 15:00 | 1500m | | W 30-85+ |
| 15:30 | 400m | | M 35-85+ |
| | Augstlēcšana | (HJ) | M 35-85+ |
| | Trīssolis | (TJ) | W 30-85+ |
| | Lode | (SP) | M 35-50+ |
| | Disks | (DT) | M 70-85+ |
| 16:00 | 400m | | W 30-85+ |
| 16:00 | Lode | (SP) | W 55-85+ |
| 16:20 | Disks | (DT) | M 55-65+ |
| 17:00 | Lode | (SP) | W 30-50+ |
| 17:20 | Disks | (DT) | M 35-50+ |
| ~ 30 min pēc/after event | Apbalvošanas ceremonija Awards Ceremony | | |

*Sacensību laiki var mainīties atkarībā no pieteikto dalībnieku skaita.

* Time schedule can be changed depending on the number of registered participants.

** 20 athletes according to the World ranking list will be allowed to participate in hammer throw.

| 28. JŪLIJS | | | |
|---------------|---------------------|------|--------------|
| LAIKS TIME | DISCIPLĪNA EVENT | | GRUPA AGE |
| 09:00 | Veseris** | (HT) | W 30-50+ |
| 09:30 | 5000m soļošana | (RW) | W+M |
| 09:40 | Veseris** | (HT) | W 55-85+ |
| 10:00 | Šķēps | (JT) | M 35-55+ |
| 10:30 | 200m | | M 35-85+ |
| | Tāllēcšana | (LJ) | W 30-45+ |
| 11:00 | Veseris** | (HT) | M 70-85+ |
| 11:15 | 200m | | W 30-85+ |
| 11.45 | 800m | | W 30-85+ |
| 12:00 | Šķēps | (JT) | M 60-85+ |
| | Tāllēcšana | (LJ) | W 50-85+ |
| 12:00 | Veseris** | (HT) | M 35-65+ |
| 12:10 | 800m | | M 35-85+ |
| 12:40 | 3000m | | W 30-85+ |
| 13:00 | Smaguma mešana | (WT) | W 30-85+ |
| 13:30 | 5000m | | M 35+85+ |
| 13:00 | Tāllēcšana | (LJ) | M 35-55 |
| 14:00 | Smaguma mešana | (WT) | M 35-65+ |
| 14:20 | 4x100m | | W 35,50,65 |
| 14:30 | 4x100m | | M 35,50,65 |
| 14:00 | Šķēps | (JT) | W 30-85+ |
| 14:00 | Tāllēcšana | (LJ) | M 60-85+ |
| 15:00 | Smaguma mešana | (WT) | M 70-85+ |

**Janis Dalins stadium
(Jana Dalina Street 2, Valmiera)**

