**WPA SENIOR & MASTERS CHAMPIONSHIPS &MULTI EVENTS CHAMPIONSHIPS**

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| --- | --- | --- | --- | --- |
| **DAY 1** | **Thursday 16th March** |  |  |  |
|  |  |  |  |  |  |
| 1 | 18:30  | 100m | B.u 18 |   | Decathlon |
| 2 | 18:35 | 100m | B.u.20 |   | Decathlon |
| 3 |   | 100m | Men |   | Decathlon |
| 4 | 18:50 | 100m Hurdles (76cm) | G.u.18 |   | Heptathlon |
| 5 |   | 100m Hurdles (84cm) | G.u.20 |   | Heptathlon |
| 6 |   | 100m Hurdles (84cm) | Women |   | Heptathlon |
| 7 |   | Long Jump | B.u.18 |   | Decathlon |
| 8 |   | Long Jump | B.u.20 |   | Decathlon |
| 9 |   | Long Jump | Men |   | Decathlon |
| 10 | 19:20 | High Jump | G.u.18 |   | Heptathlon |
| 11 |   | High Jump | G.u.20 |   | Heptathlon |
| 12 |   | High Jump | Women |   | Heptathlon |
| 13 | 20:00 | 10,000m | Women | Final | Seniors |
| 14 |  | 10.000m | Men | Final | Seniors |
| 15 |  | 10,000m | Masters Men | Final |  |
| 16 |  | 10,000m | Masters Women | Final |  |
| 17 |   | Shot Put (5kg) | B.u.18 |   | Decathlon |
| 18 |   | Shot Put (6kg) | B.u.20 |   | Decathlon |
| 19 |   | Shot Put (7.26kg) | Men |   | Decathlon |
| 20 | 20:30 | Shot Put (3kg) | G.u.18 |   | Heptathlon |
| 21 |   | Shot Put (4kg) | G.u.20 |   | Heptathlon |
| 22 |   | Shot Put (4kg) | Women |   | Heptathlon |
| 23 | 20:40 | High Jump | B.u.18 |   | Decathlon |
| 24 |   | High Jump | B.u.20 |   | Decathlon |
| 25 |   | High Jump | Men |   | Decathlon |
| 26 | 21:00 | 200m | G.u.18 |   | Heptathlon |
| 27 |   | 200m | G.u.20 |   | Heptathlon |
| 28 |   | 200m | Women |   | Heptathlon |
| 29 |  21:25 | 400m | B.u.18 |   | Decathlon |
| 30 |   | 400m | B.u.20 |   | Decathlon |
| 31 |   | 400m | Men |   | Decathlon |

**DAY 2 Friday 17th March**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 32 | 17:10 | 110m Hurdles (91cm) | B.u.18 |   | Decathlon |
| 33 | 17:00 | Long Jump | G.u.18 |   | Heptathlon |
| 34 | 17:00 | Long Jump | G.u.20 |   | Heptathlon |
| 35 | 17:00 | Long Jump | Women |   | Heptathlon |
| 36 | 17:20 | 110m Hurdles (98cm) | B.u.20 |   | Decathlon |
| 37 | 17:30 | 110m Hurdles (106cm) | Men |   | Decathlon |
| 38 | 18:00 | 5000m Walk | Masters Women |  |  |
| 39 |  | Triple Jump | Women | Final |  |
| 40 | 18:15 | Discus Throw (1.5kg) | B.u.18 |   | Decathlon |
| 41 | 18:15 | Discus Throw (2kg) | B.u.20 |   | Decathlon |
| 42 | 18:15 | Discus Throw (2kg) | Men |   | Decathlon |
| 43 | 18:30 | Javelin Throw (500g) | G.u.18 |   | Heptathlon |
| 44 | 18:30 | Javelin Throw (600g) | G.u.20 |   | Heptathlon |
| 45 | 18:30 | Javelin Throw (600g) | Women |   | Heptathlon |
| 46 | 18:45 | 400m  | Men | Heats |  |
| 47 | 19:00 | 400m | Women | Heats |  |
| 48 |  | Triple Jump | Men | Final |  |
| 49 | 19:00 | Pole Vault | B.u.18 |   | Decathlon |
| 50 | 19:00 | Pole Vault | B.u.20 |   | Decathlon |
| 51 | 19:00 | Pole Vault | Men |   | Decathlon |
| 52 | 19:10 | 5000m Walk | Masters Men |  |  |
| 53 | 20:00 | 100m  | Men | Heats |  |
| 54 | 20:20 | 100m | Women | Heats |  |
| 55 | 20:30 | 800m | Men | Heats |  |
| 56 | 20:40 | 800m | G.u.18 |   | Heptathlon |
| 57 |  | 800m | G.u.20 |   | Heptathlon |
| 58 |  | 800m | Women |   | Heptathlon |
| 59 | 21:00 | Javelin Throw (700g) | B.u.18 |   | Decathlon |
| 60 |  | Javelin Throw (800g) | B.u.20 |   | Decathlon |
| 61 |  | Javelin Throw (800g) | Men |   | Decathlon |
| 62 | 21:00 | 200m | Men | Heats |  |
| 63 | 22:00 | 1500m | B.u.18 |   | Decathlon |
| 64 |  | 1500m | B.u.20 |   | Decathlon |
| 65 |  | 1500m | Men |   | Decathlon |

**DAY 3 SATURDAY 18th MARCH**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 66 | 07:00 | 20km Walk | Men | F |
| 67 |  | 20km Walk | Women | F |
| 68 |  | 20km Walk | Masters Men 2h25c/o |  |
| 69 |  | 20km Walk | Masters Women |  |
| 70 |  | 10km Walk | Masters Women  |  |
| 71 |  | 10km Walk | Masters Men |  |
| 72 | 07:30 | Hammer Throw | Masters Men |  |
| 73 | 09:00 | High Jump | Masters Men |  |
| 74 | 09:00 | 5000m | Men | F |
| 75 | 09:15 | Hammer Throw | Men | F |
| 76 | 09:25 | 5000m | Women | F |
| 77 | 10:00 | High Jump | Masters Women |  |
| 78 | 10:00 | 200m | Men | Semi F |
| 79 | 10:15 | 200m | Women | Heats |
| 80 | 10:15 | Hammer Throw | Masters Women |  |
| 81 |  | Shot Put | Masters Men |  |
| 82 | 10:30 | 200m | Masters Women |  |
| 83 | 10:45 | 200m | Masters Men |  |
| 84 | 11:00 | 2000m SC | Masters Men & Women |  |
| 85 |  | Triple Jump | Masters Men |  |
| 86 |  | Triple Jump | Masters Women |  |
| 87 |  | Discus | Masters Men |  |
| 88 |  | Shot Put | Masters Women |  |
| 89 | 11:20 | 3000m SC | Masters Men |  |
| 90 | 11:40 | 100m | Men | Semi F |
| 91 | 11:45 | 800m | Masters Women |  |
| 92 | 11:55 | 800m | Masters Men |  |
| 93 | 12:00 | Pole Vault | Masters Men |  |
| 94 |  | Pole Vault | Masters Women |  |
| 95 | 12:00 | Hammer Throw | Women |  |
| 96 | 12:05 | 80m Hurdles | Masters Men & Women |  |
| 97 | 12:15 | 100m Hurdles | Masters Men & Women |  |
| 98 | 12:25 | 110m Hurdles | Masters Men |  |
| 99 | 13:00 | 110mHurdles | Men | F |
| 100 |  | Shot Put | Women | F |
| 101 |  | Discus | Men | F |
| 102 |  | Long Jump | Women | F |
| 103 |  | High Jump | Men | F |
| 104 | 13:10 | 100m Hurdles | Women | F |
| 105 | 13:15 | 800m | Women | F |
| 106 | 13:20 | 800m | Men | F |
| 107 | 13:25 | 3000m SC | Men | F |
| 108 | 13:30 | Pole Vault | Women | F |
| 109 | 13:40 | 100m  | Women | F |
| 110 | 13:45 | 100m | Masters Women |  |
| 111 | 14:00 | 100m | Men | F |
| 112 | 14:05 | 100m  | Masters Men |  |
| 113 | 14:00 | Long Jump | Masters Men | F |
| 114 |  | Javelin | Women | F |
| 115 |  | Javelin | Masters Women |  |
| 116 | 14:40 | 400m Hurdles | Men | F |
| 117 | 14:50 | 400m Hurdles | Women | F |
| 118 | 15:00 | 400m Hurdles | Masters Men |  |
| 119 | 15:10 | 400m Hurdles | Masters Women |  |
| 120 | 15:15 | 300m Hurdles | Masters Men |  |
| 121 | 15:25 | 300m Hurdles | Masters Women |  |
| 122 | 15:35 | 200m Hurdles | Masters Men |  |
| 123 | 15:45 | 200m Hurdles | Masters Women |  |
| 124 | 15:55 | 3000mSC | Women | F |
| 125 | 15:00 | Pole Vault | Men | F |
| 126 |  | High Jump  | Women | F |
| 127 |  | Long Jump | Masters Women |  |
| 128 |  | Shot Put  | Men | F |
| 129 | 16:10 | 200m | Women | F |
| 130 | 16:15 | 200m | Men | F |
| 131 | 16:20 | 1500m | Women | F |
| 132 |  | 1500m | Masters Women |  |
| 133 | 16:30 | 1500m | Men | F |
| 134 | 16:40 | 1500m  | Masters Men |  |
| 135 |  | Long Jump | Men |  |
| 136 |  | Javelin  | Men | F |
| 137 |  | Javelin | Masters Men |  |
| 138 |  | Discus Throw | Women | F |
| 139 |  | Discus Throw | Masters Women |  |
| 140 | 16:50 | 400m | Women | F |
| 141 | 16:55 | 400m | Men | F |
| 142 |  | Weight Throw | Masters Women  |  |
| 143 | 17:00 | 400m | Masters Women |  |
| 144 | 17:10 | 400m  | Masters Men |  |
| 145 | 17:20 | 4 x 100m | Women |  |
| 146 | 17:25 | 4 x 100m | Men |  |
| 147 | 17:30 | 5000m | Masters Men |  |
| 148 |  | Weight Throw | Masters Men |  |
| 149 |  | 5000m | Masters Women |  |
| 150 | 17:55 | 4 x 400m | Women |  |
| 151 | 18:00 | 4 x 400m | Men |  |