

# 29/07/2019

## Afternoon Session

| Track           | Time  | Field                        | Round |   | N° | Venue   |
|-----------------|-------|------------------------------|-------|---|----|---------|
|                 | 14:00 | Javelin throw W30-50 (ped.A) | Final |   | 17 | Stadium |
|                 | 14:00 | Pole vault M30-55            | Final |   | 8  | Stadium |
|                 | 15:00 | Long jump W30-45 (ped. A)    | Final |   | 18 | Stadium |
|                 | 15:00 | Long jump W50-55 (ped. B)    | Final |   | 20 | Stadium |
| 100m W45        | 15:00 |                              | Heats | 2 | 10 | Stadium |
| 100m W50        | 15:06 |                              | Heats | 2 | 10 | Stadium |
| 100m M65        | 15:15 |                              | Heats | 2 | 10 | Stadium |
| 100m M60        | 15:21 |                              | Heats | 2 | 15 | Stadium |
| 100m M55        | 15:27 |                              | Heats | 3 | 20 | Stadium |
| 100m M50        | 15:36 |                              | Heats | 3 | 19 | Stadium |
| 100m M45        | 15:45 |                              | Heats | 3 | 18 | Stadium |
| 100m M40        | 15:54 |                              | Heats | 2 | 14 | Stadium |
| 100m M35        | 16:00 |                              | Heats | 2 | 9  | Stadium |
| 800m M55        | 16:05 |                              | Heats | 2 | 15 | Stadium |
|                 | 16:00 | Javelin throw M60-65 (ped.A) | Final | 1 | 14 | Stadium |
|                 | 16:00 | Javelin throw M70+ (ped. B)  | Final | 1 | 18 | Stadium |
| 800m M50        | 16:10 |                              | Heats | 2 | 16 | Stadium |
| 800m M45        | 16:20 |                              | Heats | 2 | 13 | Stadium |
| 1500m W60+      | 16:30 |                              | Final | 1 | 15 | Stadium |
| 1500m W50-55    | 16:40 |                              | Final | 1 | 15 | Stadium |
| 1500m W45       | 16:50 |                              | Final | 1 | 10 | Stadium |
|                 | 17:00 | Long jump W60+               | Final |   | 13 | Stadium |
| 1500m W30-40    | 17:00 |                              | Final | 1 | 12 | Stadium |
|                 | 17:00 | Pole vault M60+              | Final |   | 11 | Stadium |
| 2000m SC M70+   | 17:20 |                              | Final | 1 | 11 | Stadium |
| 2000m SC M60-65 | 17:35 |                              | Final | 1 | 10 | Stadium |
| 3000m SC M50-55 | 17:45 |                              | Final | 1 | 14 | Stadium |
|                 | 17:45 | Javelin throw M50-55 (ped.A) | Final |   | 17 | Stadium |
|                 | 18:00 | Javelin throw W55+ (ped. B)  | Final |   | 14 | Stadium |
| 3000m SC M30-45 | 18:05 |                              | Final | 1 | 13 | Stadium |
|                 | 19:30 | Javelin throw M30-45 (ped.A) | Final |   | 14 | Stadium |

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## Morning Session

| Track         | Time  | Field                    | Round | N° | Venue   |
|---------------|-------|--------------------------|-------|----|---------|
|               | 9:00  | Hammer throw M60+        | Final | 23 | Stadium |
|               | 9:00  | Shot put W60+ (Ped. A)   | Final | 23 | Stadium |
|               | 9:00  | Shot put W50-55 (Ped. B) | Final | 15 | Stadium |
| 100m W70+     | 10:00 |                          | Final | 8  | Stadium |
| 100m W65      | 10:05 |                          | Final | 4  | Stadium |
| 100m W60      | 10:10 |                          | Final | 6  | Stadium |
| 100m W55      | 10:15 |                          | Final | 8  | Stadium |
| 100m W50      | 10:20 |                          | Final | 8  | Stadium |
| 100m W45      | 10:25 |                          | Final | 8  | Stadium |
| 100m W40      | 10:30 |                          | Final | 3  | Stadium |
| 100m W35      | 10:35 |                          | Final | 4  | Stadium |
| 100m W30      | 10:40 |                          | Final | 6  | Stadium |
| 100m M80+     | 10:45 |                          | Final | 8  | Stadium |
| 100 m M75     | 10:50 |                          | Final | 4  | Stadium |
| 100 m M70     | 10:55 |                          | Final | 8  | Stadium |
| 100 m M65     | 11:00 |                          | Final | 8  | Stadium |
| 100 m M60     | 11:05 |                          | Final | 8  | Stadium |
| 100 m M55     | 11:10 |                          | Final | 8  | Stadium |
|               | 11:00 | Hammer throw M30-55      | Final | 16 | Stadium |
|               | 11:00 | Shot put W45 (Ped. A)    | Final | 9  | Stadium |
|               | 11:00 | Shot put W30-40 (Ped. B) | Final | 12 | Stadium |
| 100 m M50     | 11:15 |                          | Final | 8  | Stadium |
| 100 m M45     | 11:20 |                          | Final | 8  | Stadium |
| 100 m M40     | 11:25 |                          | Final | 8  | Stadium |
| 100 m M35     | 11:30 |                          | Final | 8  | Stadium |
| 100 m M30     | 11:35 |                          | Final | 5  | Stadium |
| 2000m SC W30+ | 11:50 |                          | Final | 10 | Stadium |

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## Afternoon Session

|             |       |                           |       |   |    |         |
|-------------|-------|---------------------------|-------|---|----|---------|
|             | 14:00 | Long jump M30-45 (Ped. A) | Final |   | 24 | Stadium |
|             | 14:00 | Long jump M50-55 (Ped. B) | Final |   | 22 | Stadium |
|             | 14.30 | Discus throw M30-55       | Final |   | 25 | Stadium |
|             | 15:00 | Pole vault W              | Final |   | 7  | Stadium |
| 400m W65+   | 15:00 |                           | Final | I | 5  | Stadium |
| 400m W60    | 15:05 |                           | Final | I | 5  | Stadium |
| 400m W55    | 15:10 |                           | Final | I | 7  | Stadium |
| 400m W50    | 15:15 |                           | Final | I | 4  | Stadium |
| 400m W45    | 15:20 |                           | Final | I | 7  | Stadium |
| 400m W40    | 15:25 |                           | Final | I | 5  | Stadium |
| 400m W35    | 15:30 |                           | Final | I | 6  | Stadium |
| 400m W30    | 15:35 |                           | Final | I | 3  | Stadium |
| 800m M80+   | 15:40 |                           | Final | I | 5  | Stadium |
| 800m M70-75 | 15:47 |                           | Final | I | 10 | Stadium |
| 800m M65    | 15:54 |                           | Final | I | 14 | Stadium |
| 800m M60    | 16:01 |                           | Final | I | 15 | Stadium |
| 800m M55    | 16:08 |                           | Final | I | 12 | Stadium |
| 800m M50    | 16:15 |                           | Final | I | 12 | Stadium |
| 800m M45    | 16:22 |                           | Final | I | 12 | Stadium |
| 800m M40    | 16:29 |                           | Final | I | 12 | Stadium |
| 800m M30-35 | 16:36 |                           | Final | I | 8  | Stadium |
|             | 16:30 | Long jump M60-65 (Ped. A) | Final |   | 20 | Stadium |
|             | 16:30 | Long jump M70+ (Ped. B)   | Final |   | 14 | Stadium |
|             | 17:00 | Discus throw M60-65       | Final |   | 17 | Stadium |
|             | 19:00 | Discus throw M70+         | Final |   | 15 | Stadium |

# 31/07/2019

## Morning Session

| Track                    | Time  | Field               | Round  | N° | Venue      |
|--------------------------|-------|---------------------|--------|----|------------|
|                          | 9:00  | High jump W55+      | Final  |    | 14 Stadium |
|                          | 9:00  | Hammer throw W65+   | Final  |    | 8 Stadium  |
| 80hs W50                 | 9:00  |                     | Heats  | 2  | 9 Stadium  |
| 100hs M60                | 9:15  |                     | Heats  | 2  | 9 Stadium  |
|                          | 10:00 | Hammer throw W50-60 | Final  |    | 18 Stadium |
| 400 m M50                | 10:00 |                     | Heats  | 2  | 15 Stadium |
| 400 m M45                | 10:08 |                     | Heats  | 2  | 16 Stadium |
| 400 m M40                | 10:16 |                     | Heats  | 2  | 11 Stadium |
| 5000m M70+               | 10:30 |                     | Final  | 1  | 17 Stadium |
| 5000m M65                | 11:10 |                     | Final  | 1  | 14 Stadium |
| 5000 m M60               | 11:40 |                     | Final  | 1  | 18 Stadium |
|                          | 12:00 | Hammer throw W30-45 | Final  |    | 8 Stadium  |
| 5000 m M55               | 12:10 |                     | Final  | 1  | 23 Stadium |
| 5000 m M50               | 12:40 |                     | Final  | 1  | 30 Stadium |
| 5000 m M45               | 13:10 |                     | Final  | 1  | 16 Stadium |
| 5000 m M40               | 13:40 |                     | Final  | 1  | 19 Stadium |
| 5000 m M30-35            | 14:10 |                     | Final  | 1  | 19 Stadium |
| <b>AFTERNOON SESSION</b> |       |                     |        |    |            |
| 200m W70                 | 15:00 |                     | Final  | 1  | 5 Stadium  |
| 200m W60-65              | 15:05 |                     | Final  | 1  | 6 Stadium  |
| 200 m W55                | 15:10 |                     | Series | 2  | 10 Stadium |
| 200 m W50                | 15:20 |                     | Final  | 1  | 8 Stadium  |
| 200 m W45                | 15:25 |                     | Series | 2  | 12 Stadium |
| 200 m W40                | 15:35 |                     | Final  | 1  | 5 Stadium  |
| 200 m W30-35             | 15:40 |                     | Final  | 1  | 7 Stadium  |
| 5000m W60+               | 15:50 |                     | Final  | 1  | 16 Stadium |
|                          | 16:00 | High jump W30-50    | Final  |    | 16 Stadium |
| 5000m W50-55             | 16:10 |                     | Final  | 1  | 23 Stadium |
| 5000m W45                | 16:40 |                     | Final  | 1  | 18 Stadium |
| 5000m W30-40             | 17:10 |                     | Final  | 1  | 18 Stadium |

# 01/08/2019

## Morning Session

| Track               | Time  | Field                     | Round  | N° | Venue         |
|---------------------|-------|---------------------------|--------|----|---------------|
|                     | 9:00  | Discus throw W60+         | Final  |    | 22 Stadium    |
|                     | 9:00  | High jump M60-65 (Ped. A) | Final  |    | 14 Stadium    |
|                     | 9:00  | High jump M70+ (Ped. B)   | Final  |    | 11 Stadium    |
| 1500m M50           | 9:00  |                           | Heats  | 2  | 20 Stadium    |
| 80hs W60+           | 9:30  |                           | Final  | 1  | 4 Stadium     |
| 80hs W55            | 9:35  |                           | Final  | 1  | 3 Stadium     |
| 80hs W50            | 9:40  |                           | Final  | 1  | 8 Stadium     |
| 80hs W40-45         | 9:45  |                           | Final  | 1  | 8 Stadium     |
| 80hs M80+           | 10:00 |                           | Final  | 1  | 3 Stadium     |
| 80hs M70-75         | 10:05 |                           | Final  | 1  | 5 Stadium     |
|                     | 10:00 | Shot put M 70+ Ped A      | Final  | 1  | 16 Stadium    |
|                     | 10:00 | Shot put M 65 Ped B       | Final  | 1  | 11 Stadium    |
| 10 Km Road race M/W | 10:00 |                           | Final  | 1  | Venaria Reale |
| 100hs M65           | 10:30 |                           | Final  |    | Stadium       |
| 100hs M60           | 10.35 |                           | Final  |    | Stadium       |
| 100hs M55           | 10.40 |                           | Final  |    | Stadium       |
| 100hs M50           | 10.45 |                           | Final  |    | Stadium       |
| 110hs M45           | 10.50 |                           | Final  |    | Stadium       |
|                     | 11:00 | Discus throw W45-55       | Final  |    | 13 Stadium    |
|                     | 11.00 | Shot put M 60 Ped B       | Final  |    | 11 Stadium    |
| 110hs M45           | 11:10 |                           | Final  |    | Stadium       |
| 110hs M35-40        | 11.15 |                           | Final  |    | Stadium       |
|                     | 11.20 | Shot put M 50-55 Ped A    | Final  |    | 14 Stadium    |
| 110hs M30           | 11.25 |                           | Final  |    | Stadium       |
| 300hs M65           | 11:50 |                           | Heats  | 10 | Stadium       |
| 300hs M60           | 12.00 |                           | Heats  | 10 | Stadium       |
| 400m M80+           | 12.10 |                           | Final  | 6  | Stadium       |
| 400m M75            | 12.15 |                           | Final  | 4  | Stadium       |
|                     | 12.15 | Shot put M 30-45 Ped A    | Final  |    | 15 Stadium    |
| 400m M70            | 12.20 |                           | Final  | 5  | Stadium       |
| 400m M65            | 12.25 |                           | Final  | 5  | Stadium       |
|                     | 12:30 | Discus throw W30-40       | Final  |    | 10 Stadium    |
| 400m M60            | 12.35 |                           | Final  | 12 | Stadium       |
| 400m M55            | 12.45 |                           | Final  | 15 | Stadium       |
| 400m M50            | 13.00 |                           | Finale |    | Stadium       |
| 400m M45            | 13.05 |                           | Finale |    | Stadium       |
| 400m M40            | 13.10 |                           | Finale |    | Stadium       |
| 400m M35            | 13.15 |                           | Finale |    | Stadium       |
| 400m M30            | 13.20 |                           | Finale |    | Stadium       |

### Afternoon Session

|                      |       |                              |       |  |    |         |
|----------------------|-------|------------------------------|-------|--|----|---------|
|                      | 15:00 | Triple jump M 70+ (ped. A)   | Final |  | 11 | Stadium |
|                      | 15:00 | Triple jump M 60-65 (Ped. B) | Final |  | 14 | Stadium |
|                      | 16:00 | High jump M30-50             | Final |  | 13 | Stadium |
|                      | 16:00 | High jump M55                | Final |  | 10 | Stadium |
|                      | 16.30 | Triple jump M 50-55 (ped. A) | Final |  | 12 | Stadium |
|                      | 16.30 | Triple jump M 30-45 (ped. B) | Final |  | 15 | Stadium |
| 5000m Race walk W30+ | 17:15 |                              | Final |  | 13 | Stadium |
| 5000m Race walk M30+ | 18:15 |                              | Final |  | 27 | Stadium |

# 02/08/2019

## Morning Session

| Track        | Time  | Field                  | N  | Round | Venue   |
|--------------|-------|------------------------|----|-------|---------|
| 200m M 85    | 09:00 |                        | 3  | Final | Stadium |
| 200m M 80    | 09.05 |                        | 6  |       |         |
| 200m M 75    | 09.10 |                        | 4  |       |         |
| 200m M 70    | 09.15 |                        | 5  |       |         |
| 200m M 65    | 09.20 |                        | 8  |       |         |
| 200m M 60    | 09.25 |                        | 18 |       |         |
| 200m M 55    | 09.35 |                        | 16 |       |         |
| 200m M 50    | 09.45 |                        | 23 |       |         |
|              | 10:00 | Triple jump W 55+      | 12 | Final | Stadium |
|              | 10.00 | Triple jump W 35-40-45 | 15 | Final | Stadium |
| 200m M 45    | 10.05 |                        | 18 |       |         |
| 200m M 40    | 10.15 |                        | 11 |       |         |
| 200m M 35    | 10.25 |                        | 9  |       |         |
| 200m M 30    | 10.30 |                        | 6  |       |         |
| 1500m M70+   | 10.40 |                        | 11 | Final | Stadium |
| 1500m M65    | 10.50 |                        | 15 |       |         |
| 1500m M60    | 11.00 |                        | 12 |       |         |
| 1500m M55    | 11.10 |                        | 18 |       |         |
| 1500m M50    | 11.20 |                        | 20 |       |         |
| 1500m M45    | 11.30 |                        | 11 |       |         |
| 1500m M40    | 11.40 |                        | 11 |       |         |
| 1500m M30-35 | 11.50 |                        | 9  |       |         |
| 200hs W70+   | 12.00 |                        | 1  | Final | Stadium |
| 300hs W60-65 | 12.10 |                        | 3  |       |         |
| 300hs M70-75 | 12.15 |                        | 3  | Final | Stadium |
| 300hs W50-55 | 12.20 |                        | 6  |       |         |
| 300hs M65    | 12.25 |                        | 5  | Final | Stadium |
| 300hs M60    | 12.30 |                        | 9  |       |         |
| 400hs W30-45 | 12.40 |                        | 8  |       |         |
| 400hs M55    | 12.50 |                        | 13 | Final | Stadium |
| 400hs M50    | 12.55 |                        | 7  | Final | Stadium |

|              |       |  |   |       |         |
|--------------|-------|--|---|-------|---------|
| 400hs M45    | 13.00 |  | 7 |       |         |
| 400hs M40    | 13.05 |  | 4 | Final | Stadium |
| 400hs M30-35 | 13.10 |  | 7 |       |         |

**04/08/2019**

| <b>Time</b> | <b>Competition</b> | <b>Round</b> | <b>Venue</b>  |
|-------------|--------------------|--------------|---------------|
| 09:00       | Half marathon M/W  | Final        | Venaria Reale |