

Tampere Schedule 29.6.-10.7.2022

29.6. Wednesday	
100m Heats	M/W
800m Heats	M/W
Heptathlon Day 1	W35-W50
Decathlon Day 1	M60+
Shot Put	M35-M55
Hammer	W
5000m Race Walk	W

30.6. Thursday	
100m Semi-finals	M/W
100m Finals	M/W
800m Semi-finals	M/W
5000m Race Walk	M35-M55
Hammer	M
Shot Put	W55+
Heptathlon Day 2	W35-W50
Decathlon Day 2	M60+
Cross-country	M/W

1.7. Friday	
200/300m/400m Hurdles Heats	M/W
200/300/400 Hurdles Semi Finals	M/W
800m Finals	M/W
5000m Race Walk	M60+
Heptathlon Day 1	W55+
Decathlon Day 1	M35-M55
Shot Put	M60+
Weight Throw	W

2.7. Saturday	
200m Heats	M/W
5000m Finals	M35-M65
Heptathlon Day 2	W55+
Decathlon Day 2	M35-M55
Shot put	W35-W50
Long Jump	M60+
Weight Throw	M

3.7. Sunday	
200m Semi-Finals	M/W
200m Finals	M/W
5000m Finals	W/M70+
10km Road Race Walk	M/W
High Jump	M35-M55
Pole Vault	W
Discus	M35-M45

Javelin	W
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4.7. Monday	
General Assembly	

5.7. Tuesday	
400m Heats	M/W
1500m Semi-Finals	M/W
200/300m/400m Hurdles Finals	M/W
High Jump	M60+
Long Jump	W
Pole Vault	M35-M55
Javelin	M35-M45
Discus	W

6.7. Wednesday	
80/100/110m Hurdles Heats	M/W
400m Semi-Finals	M/W
20km Race Walk Road	M/W
Pole Vault	M60+
Long Jump	M35-M55
High Jump	W35-W60
Discus	M50-M55
Throws Pentathlon	W35-W60

7.7. Thursday	
1500m Finals	M/W
Triple Jump	M70+
High Jump	W65+
Javelin	M50-M55
Discus	M60-M70
Throws Pentathlon	M35-M45
Regional/Committee Meetings	

8.7. Friday	
400m Finals	M/W
80/100/110m Hurdles F Semi Finals	M/W
2000m Steeplechase	M60+/W
10km Road Race	M/W
Triple Jump	W35-W45
Triple Jump	M35-M45
Javelin	M60-M70
Discus	M75+
Throws Pentathlon	M50-M55
Throws Pentathlon	W65+

9.7. Saturday	
80/100/110m Hurdles Finals	M/W
3000m Steeplechase	M35-M55

4x100m Relay	M/W
Triple Jump	W50+
Triple Jump	M50-M55
Javelin	M75+
Throws Pentathlon	M60-M70

10.7. Sunday	
Half Marathon	M/W
4x400m Relay	M/W
Triple Jump	M60-M65
Throws Pentathlon	M75+