

Sunday, Aug 1, 2010 anyone can try out the track at NetCologne stadium from 12 noon to 4 pm.

A few Basic Rules:

1. Registration for your event is due at least one hour before its scheduled begin
2. NO SMOKING
3. Spikes must not exceed the length of 6 mm.
4. As of the beginning of this year the IAAF has introduced a new starting rule: There are no false starts anymore. Anyone who causes a false start is OUT !!!
5. Attention please for 400m runners age 18 - 34: There will be heats so please be in the stadium Monday , Aug 2, 2010 by ca. 11 am.

TRACK					FIELD				
time	discipline	age	round	attendance	time	discipline	age	round	attendance
10:00	3000m sc W	18-29		1					
10:00	3000m sc W	30-34		1					
10:00	3000m sc W	35-39		1	08:00	long jump M	50-54		3
10:00	3000m sc W	40-44		1	08:00	long jump M	65-69		1
10:00	3000m sc W	55-59		1	08:00		summary	one final	4
10:00		summary	one final	5					
					08:45	long jump M	45-49	final	14
10:30	3000m sc M	18-29		1					
10:30	3000m sc M	30-34		3	09:00	discus W	40-44		1
10:30	3000m sc M	35-39		4	09:00	discus W	45-49		5
10:30	3000m sc M	40-44		7	09:00	discus W	50-54		2
		summary	one final	15	09:00	discus W	55-59		1
					09:00		summary	one final	9
11:00	3000m sc M	45-49		7					
11:00	3000m sc M	50-54		2	10:15	long jump M	40-44	final	14
11:00		summary	one final	9					
					11:00	discus W	18-29		1
11:45	400mHü W	35-39		1	11:00	discus W	30-34		4
11:45	400mHü W	40-44		1	11:00	discus W	35-39		5
11:45	400mHü W	55-59		1	11:00		summary	one final	10
11:45		summary	one final	3					
12:00	400mH M	18-29		3	11:30	long jump M	35-39	final	16
12:00	400mH M	35-39		1					
12:00		summary	one final	4					
12:10	400mH M	30-34	final	7					
12:20	400mH M	40-44	final	8	13:00	pole vault W	55-59		1
12:30	400mH M	45-49	final	6	13:00	pole vault M	30-34		1
12:40	400mH M	50-54		3	13:00	pole vault M	35-39		1
12:40	400mH M	55-59		1	13:00	pole vault M	40-44		1
12:40		summary	one final	4	13:00	pole vault M	45-49		3
					13:00		summary	one final	7
13:10	4x100m relay M	18-29		2 (8)	13:00	long jump M	30-34		9
13:10	4x100m relay M	30-34		1 (6)	13:00	long jump M	18-29		7
13:10	4x100m relay M	35-39		1 (5)	13:00		summary	one final	16
13:10	4x100m relay M	40-44		2 (8)					
13:10	4x100m relay M	45-49		2 (8)	13:00	discus M	18-29		1
13:10		summary	one final	8	13:00	discus M	30-34		7
					13:00	discus M	35-39		2
13:30	4x100m relay M	55-70		1 (4)	13:00	discus M	40-44		4
13:30	4x100m relay M	18-84		2 (9)	13:00	discus M	45-49		5
13:30	4x100m relay W	18-69		1 (5)	13:00		summary	one final	19
13:30		summary	one final	4					
					14:15	long jump W	18-29		1
	4x400m relay W	18-69	no final	(2)	14:15	long jump W	30-34		1
					14:15	long jump W	35-39		2
14:00	4x400m relay M	18-29		2 (10)	14:15	long jump W	40-44		3
14:00	4x400m relay M	30-34		(3)	14:15	long jump W	50-54		1
14:00	4x400m relay M	35-39		2 (9)	14:15	long jump W	55-59		1
14:00	4x400m relay M	40-44		2 (9)	14:15	long jump W	70-74		1
14:00		summary	one final	6	14:15		summary	one final	10
14:15	4x400m relay M	45-49		2 (8)	14:30	discus M	50-54		8
14:15	4x400m relay M	50-54		(2)	14:30	discus M	55-59		5
14:15	4x400m relay M	55-59		(3)	14:30	discus M	60-64		2
14:15	4x400m relay M	60-64		(1)	14:30	discus M	65-69		1
14:15	4x400m relay M	70-74		(2)	14:30	discus M	70-74		1
14:15	4x400m relay M	18-69		2 (9)			summary	one final	17
14:15		summary	one final	6					

