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**	**heat 1**	**heat 2**	**heat 3**	**time**	**discipline**	**age**	**round**	**attendance**
09:00	100m	18-59	3	17	6	6	5	09:30	long jump	30-49		17
	decathlon M								decathlon M			
09:30	100m M	18-29	2 heats	14	7	7		10:00	javlin W	18-29		2
09:40	100m M	30-34	3 heats	16	8	8		10:00	javlin W	30-34		1
09:50	100m M	35-39	3 heats	23	8	8	7	10:00	javlin W	35-39		4
10:05	100m M	40-44	3 heats	31	7	7	7	10:00	javlin W	40-44		2
10:20	100m M	45-49	3 heats	18	6	6	6	10:00	javlin W	45-49		6
10:35	100m M	50-54	2 heats	13	7	6		10:00	javlin W	50-54		1
	100m M	55-59	only final	5				10:00	javlin W	55-59		2
	100m M	60-64	only final	7				10:00		summary	final	18
	100m M	65-69	only final	1								
	100m M	70-74	only final	3								
	100m M	80-84	only final	1								
	100m M	85-89		1								
winner of each heat (Q) plus the fastest times (q) qualified												
	100m W	18-69	only final									
	800m M	18-29	only final	7								
	800m M	30-34	only final	10								
10:50	800m M	35-39	2 heats	18	9	9						
11:05	800m M	40-44	2 heats	18	9	9						
11:20	800m M	45-49	2 heats	15	8	7						
11:35	800m M	50-54	2 heats	14	7	7		11:30	shot put	30-49		17
	800m M	55-59	only final	4					decathlon M			
	800m M	60-64	only final	9								
	800m M	65-69	only final	1								
	800m M	70-74	only final	3								
	800m M	75-79	only final	1								
winner of each heat (Q) plus the fastest times (q) qualified												
	800m W	18-69	only final	15								
12:30	400m M	18-29	2 heats	10	5	5						
12:45	400m M	30-34	2 heats	14	7	7						
13:00	400m M	35-39	2 heats	23	8	7		13:30	high jump	30-49		17
13:20	400m M	40-44	3 heats	25	6	6	5		decathlon M			
13:50	400m M	45-49	2 heats	18	7	6		13:30	shot put W	18-29		1
14:10	400m M	50-54	2 heats	11	6	6		13:30	shot put W	30-34		2
	400m M	55-59	only finaL	3				13:30	shot put W	35-39		5
14:30	400m M	60-64	2 heats	11	5	4		13:30	shot put W	40-44		3
	400m M	70-74	only final	2				13:30	shot put W	45-49		9
	400m M	80-84	only final	1				13:30	shot put W	50-54		1
								13:30		summary	final	21
winner of each heat (Q) plus the fastest times (q) qualified												
	400m W	18-69	only final									
14:50	1500m W	18-29		1								
14:50	1500m W	30-34		4								
14:50	1500m W	35-39		1								
14:50	1500m W	40-44		4								
14:50	1500m W	45-49		1								
14:50	1500m W	50-54		0								
14:50	1500m W	55-59		2								
14:50	1500m W	60-64		0								
14:50	1500m W	65-69		1								
14:50		summary	one final	14								
15:10	1500m M	18-29		8								
15:10	1500m M	30-34		9								
15:10		summary	one final	17								
15:25	1500m M	35-39	final	15								
15:40	1500m M	40-44	final	18								
15:55	1500m M	45-49	final	16								
16:10	1500m M	50-54	final	10								
16:25	1500m M	55-59		5								
16:25	1500m M	60-64		8								
16:25	1500m M	70-74		1								
16:25	1500m M	75-79		1								
16:25		summary	one final	15								
16:45	400m	18-59	2 heats	17	6	6	5					
	decathlon M											