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 !!!

		TRACK								FIELD			
time	**discipline**	**age**	**round**	**attendance**	**heat 1**	**heat 2**	**heat 3**	**time**	**discipline**	**age**	**round**	**attendance**
09:00	110mH decathlon M	18-59	3	17	6	6	5	09:30	discus	30-49		17
									decathlon M			
	100mH W	18-59	no heats, only final									
09:15	5000m race walk W	18-29		2								
09:15	5000m race walk W	35-39		1				10:00	high jump W	35-39		1
09:15	5000m race walk W	50-54		1				10:00	high jump W	40-44		1
								10:00	high jump W	55-59		1
09:15	5000m race walk M	30-34		1				10:00		summary	final	3
09:15	5000m race walk M	40-44		3								
09:15	5000m race walk M	45-49		2								
09:15	5000m race walk M	50-54		2				10:00	hammer throw W	35-39		1
09:15	5000m race walk M	55-59		4				10:00	hammer throw W	45-49		2
09:15	5000m race walk M	60-64		6								
09:15	5000m race walk M	65-69		1				10:30	hammer throw M	18-29		1
09:15	5000m race walk M	70-74		2				10:30	hammer throw M	30-34		1
09:15	5000m race walk M	80-84		1				10:30	hammer throw M	35-39		1
09:15		summary	one final	26				10:30	hammer throw M	40-44		4
								10:30	hammer throw M	45-49		5
10:00	200m M	18-29	2 heats	15	8	7		10:30	hammer throw M	50-54		4
10:15	200m M	30-34	2 heats	16	8	8		10:30	hammer throw M	60-64		2
10:30	200m M	35-39	3 heats	22	8	7	7	10:30		summary	final	21
10:50	200m M	40-44	3 heats	24	8	8	8					
11:10	200m M	45-49	3 heats	17	6	6	5					
11:30	200m M	50-54	2 heats	11	6	5						
	200m M	55-59	no heats, only final	7				11:30	pole vault	30-49		17
11:50	200m M	60-64	2 heats	9	5	4			decathlon M			
	200m M	65-69	no heats, only final	1								
	200m M	70-74	no heats, only final	2								
	200m M	75-79	no heats, only final	1								
	200m M	80-84	no heats, only final	1								
winner of each heat (Q) plus the fastest times (q) qualified												
	200m W	18-59	no heats, only final									
								13:00	high jump M	18-29		5
13:00	400mH M	18-39	no heats, only final					13:00	high jump M	30-34		5
13:00	400mH M	40-44	2 heats	12	6	6				summary	final	10
	400mH M	45-59	no heats, only final									
								14:15	high jump M	35-39		8
	400mH W	35-59	no heats, only final					14:15	high jump M	40-44		9
										summary	final	17
14:00	100m W	18-29		1								
14:00	100m W	30-34		1				14:30	javelin	30-49		17
14:00	100m W	35-39		3					decathlon M			
14:00	100m W	40-44		4								
		summary	one final	9				15:45	high jump M	45-49		14
								15:45	high jump M	50-54		3
14:15	100m W	45-49		2				15:45	high jump M	65-69		1
14:15	100m W	50-54		2						summary	final	18
14:15	100m W	55-59		2								
14:15	100m W	65-69		1								
		summary	one final	7								
14:30	100m M	18-29	final	8								
14:45	100m M	30-34	final	8								
15:00	100m M	35-39	final	8								
15:15	100m M	40-44	final	8								
15:30	100m M	45-49	final	8								
15:45	100m M	50-54	final	8								
16:00	100m M	55-59	final	5								
16.15	100m M	60-64	final	7								
16.30	100m M	65-89	final	6								
16:45	1500m	18-49	1 heat	17								
	decathlon M											