



14. European Masters Athletics Championships Indoor

TORUŃ (POL), March 17 - 23, 2024

TIMETABLE

24-03-19

Time	Discipline	Round Information
08:00	Long Jump M85+	
08:30	6 km Cross W70+, M80+	Final
08:31	6 km Cross TEAM W75	Final
08:32	6 km Cross TEAM W70	Final
08:33	6 km Cross TEAM M80	Final
09:00	60 m W60	1st (3) 2Q 2q
09:00	Weight Throw W65 (5.450)	
09:00	Javelin Throw M45 (800)	
09:00	Shot Put M75 (4)	
09:16	60 m W50	1st (4) 2Q 8q
09:20	Long Jump M70	
09:30	6 km Cross M70-75	Final
09:31	6 km Cross TEAM M70	Final
09:32	6 km Cross TEAM M75	Final
09:44	60 m M75	1st (2) 2Q 4q
10:00	60 m M65	SF (2) 2Q 4q
10:00	Triple Jump W60	
10:08	60 m M60	SF (2) 2Q 4q
10:15	Javelin Throw M50 (700)	
10:16	60 m M55	SF (2) 2Q 4q
10:20	8 km Cross W55-65	Final
10:21	8 km Cross TEAM W55	Final
10:22	8 km Cross TEAM W60	Final
10:23	8 km Cross TEAM W65	Final
10:24	60 m M50	SF (2) 2Q 4q
10:30	Weight Throw W70 (5.450)	
10:32	60 m M45	SF (2) 2Q 4q
10:40	60 m M40	SF (2) 2Q 4q
10:40	Shot Put M80 (3)	
10:48	60 m M35	SF (2) 2Q 4q
10:50	Long Jump M65	
11:04	60 m W70	1st (3) 2Q 2q
11:10	8 km Cross W45-50	Final
11:11	8 km Cross TEAM W45	Final
11:12	8 km Cross TEAM W50	Final
11:16	60 m W65	1st (3) 2Q 2q
11:30	Weight Throw W75+ (4)	
11:36	60 m W55	1st (2) 2Q 2q
11:45	Javelin Throw M55 (700)	
11:48	60 m W50	SF (2) 2Q 4q
11:50	Shot Put M85+ (3)	
11:55	8 km Cross W35-40	Final
11:56	60 m W45	1st (3) 2Q 2q

B

11:56	8 km Cross TEAM W35	Final	
11:57	8 km Cross TEAM W40	Final	
12:00	Triple Jump W65		B
12:08	60 m W40	1st (2) 2Q 4q	
12:20	60 m W35	1st (3) 2Q 2q	
12:35	8 km Cross M65	Final	
12:36	8 km Cross TEAM M65	Final	
12:45	Long Jump M75-80		
12:55	Weight Throw M65 (9.080)		
13:00	3000 m Walk W35-40	Final	
13:15	Javelin Throw M60 (600)		
13:20	8 km Cross M60	Final	
13:20	Shot Put W35 (4)		
13:21	8 km Cross TEAM M60	Final	
13:30	3000 m Walk W45-50	Final	
13:40	Triple Jump W70+		B
14:00	Discus Throw M40 (2)		
14:05	8 km Cross M55	Final	
14:05	3000 m Walk W55-60	Final	
14:06	8 km Cross TEAM M55	Final	
14:20	Long Jump M60		
14:30	Shot Put W40 (4)		
14:40	Weight Throw M70 (7.260)		
14:40	3000 m Walk W65+	Final	
14:50	8 km Cross M50	Final	
14:51	8 km Cross TEAM M50	Final	
15:20	400 m W80+	Final	
15:26	400 m W75	Final	
15:30	8 km Cross M45	Final	
15:30	Discus Throw M35 (2)		
15:31	8 km Cross TEAM M45	Final	
15:32	400 m W70	Final	
15:38	400 m W65	Final	
15:40	Shot Put W45 (4)		
15:44	400 m W60	Final	
15:50	400 m W55	Final	
15:56	400 m W50	Final	
16:02	400 m W45	Final	
16:08	400 m W40	Final	
16:10	8 km Cross M40	Final	
16:11	8 km Cross TEAM M40	Final	
16:14	400 m W35	Final	
16:20	400 m M90+	Final	
16:26	400 m M85	Final	
16:30	Long Jump M55		
16:32	400 m M80	Final	
16:38	400 m M75	Final	
16:44	400 m M70	Final	
16:45	8 km Cross M35	Final	
16:46	8 km Cross TEAM M35	Final	
16:50	400 m M65	Final	
16:56	400 m M60	Final	
17:00	Shot Put W50 (3)	Final	

17:02	400 m M55	Final
17:08	400 m M50	Final
17:14	400 m M45	Final
17:20	400 m M40	Final
17:26	400 m M35	Final
18:15	Long Jump M50	
18:45	Shot Put W55 (3)	
19:45	Long Jump M45	
20:10	Shot Put W60 (3)	