



19. Balkan Veteranlar Atletizm Şampiyonası
19th Balkan Veterans Athletic Championship



Program / Time Table

Competition **19 th Balkan Veterans Athletic Championship**

Tarih - Date	Call Room Time	Yarış Zamanı Race Time	Branş / Event	Cinsiyet / Sex	Grup / Groups
26 September 2009	8:00	8:30	Half Marathon / Yarı Maraton	Men / Erkek	
26 September 2009	8:00	8:30	Half Marathon / Yarı Maraton	Women / Bayan	
26 September 2009		13:30	Opening Ceremony / Açılış Töreni		
26 September 2009	13:40	14:00	80m Hurdles / 80m Engelli	Women / Bayan	W50 - +
26 September 2009	13:15	14:00	High Jump / Yüksek Atlama	Women / Bayan	
26 September 2009	13:30	14:00	Javelin Throw / Cirit Atma	Women / Bayan	
26 September 2009	13:30	14:00	Long Jump / Uzun Atlama	Men / Erkek	
26 September 2009	13:30	14:00	Shot Put / Gülle Atma	Men / Erkek	
26 September 2009	13:55	14:15	80m Hurdles / 80m Engelli	Women / Bayan	W40 - W45
26 September 2009	13:10	14:30	80 m Hurdles / 80m Engelli	Men / Erkek	M70 - +
26 September 2009	14:15	14:35	100 m Hurdles / 100m Engelli	Women / Bayan	W30 - W35
26 September 2009	14:20	14:40	100 m Hurdles / 100m Engelli	Men / Erkek	M60 - M65
26 September 2009	14:25	14:45	100 m Hurdles / 100m Engelli	Men / Erkek	M50 - M55
26 September 2009	14:35	14:55	110 m Hurdles / 110m Engelli	Men / Erkek	M35 - M45
26 September 2009	14:55	15:10	100 m	Women / Bayan	
26 September 2009	15:10	15:25	100 m	Men / Erkek	
26 September 2009	15:25	15:40	400 m	Women / Bayan	
26 September 2009	15:40	15:55	400 m	Men / Erkek	
26 September 2009	15:30	16:00	Long Jump / Uzun Atlama	Women / Bayan	
26 September 2009	15:30	16:00	Shot Put / Gülle Atma	Women / Bayan	
26 September 2009	15:30	16:00	High Jump / Yüksek Atlama	Men / Erkek	
26 September 2009	15:30	16:00	Javelin Throw / Cirit Atma	Men / Erkek	
26 September 2009	16:00	16:15	1500 m	Women / Bayan	W30 - +
26 September 2009	16:15	16:30	1500 m	Men / Erkek	M35 - M54
26 September 2009	16:25	16:40	1500 m	Men / Erkek	M55 - +
26 September 2009	16:35	16:50	10000 m	Women / Bayan	W30 - +
26 September 2009	17:35	17:50	10000 m	Men / Erkek	M35 - M54
26 September 2009	18:35	18:50	10000 m	Men / Erkek	M55 - +
26 September 2009	19:20	19:50	4 x 100 m relay	Women / Bayan	
26 September 2009	19:30	20:00	4 x 100 m relay	Men / Erkek	
27 September 2009	8:15	8:30	5000 m	Men / Erkek	M55 - +
27 September 2009	8:55	9:10	5000 m	Women / Bayan	W30 - +
27 September 2009	9:35	9:50	5000 m	Men / Erkek	M35 - M54
27 September 2009	9:30	10:00	Discus Throw / Disk Atma	Women / Bayan	
27 September 2009	9:30	10:00	Hammer Throw / Çekiç Atma	Men / Erkek	
27 September 2009	9:30	10:00	Hammer Throw / Çekiç Atma	Women / Bayan	
27 September 2009	9:15	10:00	Pole Vault / Sırkla Atlama	Men / Erkek	
27 September 2009	9:15	10:00	Pole Vault / Sırkla Atlama	Women / Bayan	
27 September 2009	9:30	10:00	Triple Jump / Üç Adım Atlama	Women / Bayan	
27 September 2009	10:05	10:20	5000 m Walk / 5000m Yürüyüş	Men / Erkek	M35 - +
27 September 2009	10:05	10:20	5000 m Walk / 5000m Yürüyüş	Women / Bayan	W30 - +
27 September 2009	10:40	11:00	300 m Hurdles / 300m Engelli	Women / Bayan	W50 - +
27 September 2009	10:50	11:10	300 m Hurdles / 300m Engelli	Men / Erkek	M60 - +
27 September 2009	11:00	11:20	400 m Hurdles / 400m Engelli	Women / Bayan	W35 - W45
27 September 2009	11:10	11:30	400 m Hurdles / 400m Engelli	Men / Erkek	M50 - M55
27 September 2009	11:25	11:45	400 m Hurdles / 400m Engelli	Men / Erkek	M35 - M45
27 September 2009	11:30	12:00	Discus Throw / Disk Atma	Men / Erkek	
27 September 2009	11:30	12:00	Triple Jump / Üç Adım Atlama	Men / Erkek	
27 September 2009	11:45	12:00	200 m	Women / Bayan	
27 September 2009	12:00	12:15	200 m	Men / Erkek	
27 September 2009	12:15	12:30	800 m	Women / Bayan	
27 September 2009	12:30	12:45	800 m	Men / Erkek	
27 September 2009	12:40	13:00	2000m Steeplechase / 2000m Engelli Koşu	Women / Bayan	
27 September 2009	12:55	13:15	2000m Steeplechase / 2000m Engelli Koşu	Men / Erkek	
27 September 2009	13:10	13:30	3000m Steeplechase / 3000m Engelli Koşu	Men / Erkek	
27 September 2009	13:20	13:50	4 x 400 m relay	Women / Bayan	
27 September 2009	13:40	14:10	4 x 400 m relay	Men / Erkek	
27 September 2009		14:30	Closing Ceremony / Kapanış Töreni		