

# MASTER 2022 ATHLETICS

International Meeting



29 e 30 de janeiro de 2022 / January 29-30, 2022  
Centro Desportivo da **Madeira** - Ribeira Brava

## PROGRAMA-HORÁRIO / PROGRAM-TIMETABLE

### 29 DE JANEIRO / SATURDAY – FUNCHAL (RG3)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
9:45	<b>PESO / SHOT</b>	F / WOMEN	ALL	2 / 3 / 4 KG
10:25	<b>PESO / SHOT</b>	M / MEN	ALL	3 / 4 / 5 / 6 / 7,26 KG
11:10	<b>MARTELO / HAMMER</b>	F+M / MIXED	ALL	2 / 3 / 4 / 5 / 6 / 7,26 KG

### 29 DE JANEIRO / SATURDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
15:00	<b>60 M</b>	F / WOMEN	ALL	
15:15	<b>60 M</b>	M / MEN	ALL	
15:20	<b>DARDO / JAVELIN</b>	F / WOMEN	ALL	400G/500G/600G
15:30	<b>COMPRIMENTO / LONG JUMP</b>	M / MEN	ALL	TÁBUA/BOARD: 1M / 2,5M
15:40	<b>1 500 M</b>	F / WOMEN	ALL	
16:00	<b>1 500 M</b>	M / MEN	ALL	
16:15	<b>DARDO / JAVELIN</b>	M / MEN	ALL	400G/500G/600G/700G/800G
16:15	<b>COMPRIMENTO / LONG JUMP</b>	F / WOMEN	ALL	TÁBUA/BOARD: 1M / 2,5M
16:20	<b>400 M</b>	F / WOMEN	ALL	
16:35	<b>400 M</b>	M / MEN	ALL	
17:00	<b>VARA / POLE VAULT</b>	F+M / MIXED	ALL	1,80M →
17:00	<b>4 x 100 M</b>	F / WOMEN	ALL	
17:00	<b>4 x 100 M</b>	M / MEN	ALL	
17:15	<b>3 000 M WALK</b>	F / WOMEN	ALL	
17:15	<b>5 000 M WALK</b>	M / MEN	ALL	

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## 30 DE JANEIRO / SUNDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO/ GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
9:45	<b>3 000 M</b>	M / MEN	TODOS	
10:00	<b>TRIPLO / TRIPLE JUMP</b>	F+M / MIXED	TODOS	
10:05	<b>3 000 M</b>	F / WOMEN	TODOS	
10:05	<b>3 000 M</b>	M / MEN	M60+	
10:15	<b>Disco / DISCUS</b>	M / MEN	TODOS	1KG / 1,5KG / 2 KG
10:30	<b>200 M</b>	F / WOMEN	TODOS	
10:45	<b>200 M</b>	M / MEN	TODOS	
11:00	<b>ALTURA / HIGH JUMP</b>	F+M / MIXED	TODOS	1,00m (+4) →
11:00	<b>Disco / DISCUS</b>	F / WOMEN	TODOS	750G / 1KG
11:00	<b>800 M</b>	F / WOMEN	TODOS	
11:10	<b>800 M</b>	M / MEN	TODOS	
11:30	<b>60 MB / 60 HURDLES</b>	M / MEN	M35 → M49	13,72+9,14m - 0,99m / 5H
11:35	<b>60 MB / 60 HURDLES</b>	F+M / MEN	F35 → F39 M50 → M59	F: 13+8,5m - 0,84m / 5B M: 13+8,5m - 0,91m / 5B
11:40	<b>60 MB / 60 HURDLES</b>	F+M / MEN	F40 → F49 M60 → M69	F: 12+8m - 0,76m / 5B M: 12+8m - 0,84m / 5B
11:45	<b>60 MB / 60 HURDLES</b>	F+M / MIXED	F50 → F59 M70 → M79	12+7m - 0,76m / 5B
12:00	<b>4 x 400 M</b>	F / WOMEN	ALL	
12:00	<b>4 x 400 M</b>	M / MEN	ALL	