



PROGRAMA-HORÁRIO / PROGRAM-TIMETABLE

25 DE JANEIRO / SATURDAY – FUNCHAL (RG3)

HORA/TIME	PROVA / EVENT	SEXO / GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
10:00	PESO / SHOT	F / WOMEN	ALL	2 / 3 / 4KG – 4 ENSAIOS / 4 ATTEMPTS
	PESO / SHOT	M / MEN	M50 +	3 / 4 / 5 / 6KG – 4 ENSAIOS / 4 ATTEMPTS
	MARTELO / HAMMER	M / MEN	M35 → M49	7,26KG – 4 ENSAIOS / 4 ATTEMPTS
11:00	PESO / SHOT	M / MEN	M35 → M49	7,26KG – 4 ENSAIOS / 4 ATTEMPTS
	MARTELO / HAMMER	F / WOMEN	ALL	2 / 3 / 4KG – 4 ENSAIOS / 4 ATTEMPTS
	MARTELO / HAMMER	M / MEN	M50 +	3 / 4 / 5 / 6KG – 4 ENSAIOS / 4 ATTEMPTS

25 DE JANEIRO / SATURDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO / GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
15:00	ALTURA / HIGH JUMP	MISTO / MIXED	ALL	Gr.A: 1,00m →
	60 M	M / MEN	ALL	
15:10	DISCO / DISCUS	F / WOMEN	ALL	750G / 1KG – 4 ENSAIOS / 4 ATTEMPTS
	DISCO / DISCUS	M / MEN	M60 +	1KG – 4 ENSAIOS / 4 ATTEMPTS
15:15	60 M	F / WOMEN	ALL	
15:30	800 M	M / MEN	ALL	
15:45	800 M	F / WOMEN	ALL	
16:00	200 M	M / MEN	ALL	
16:15	200 M	F / WOMEN	ALL	
16:20	DISCO / DISCUS	M / MEN	M35 → M59	1,5 / 2KG – 4 ENSAIOS / 4 ATTEMPTS
	TRIPLO / TRIPLE JUMP	MISTO / MIXED	ALL	4 ENSAIOS / 4 ATTEMPTS
16:30	5 000 M	MISTO / MIXED	ALL	
17:00	4 x 400 M	MISTO / MIXED	ALL	



26 DE JANEIRO / SUNDAY – RIBEIRA BRAVA (CDM)

HORA/TIME	PROVA / EVENT	SEXO / GENDER	ESCALÕES / AGE GROUPS	OBSERVAÇÕES / NOTES
9:40	5 000 M MARCHA / WALK	MISTO / MIXED	ALL	
9:50	COMPRIENTO / LONG JUMP	MISTO / MIXED	ALL	Gr. A: 2,5M – 4 ENSAIOS / 4 ATTEMPTS
10:00	DARDO / JAVELIN	F / WOMEN	ALL	400G/500G/600G 4 ENSAIOS / 4 ATTEMPTS
	DARDO / JAVELIN	M / MEN	M60 +	400G/500G/600G 4 ENSAIOS / 4 ATTEMPTS
10:30	60 MB / 60 HURDLES	M / MEN	M35 → M79	0,76 / 0,84 / 0,91 / 0,99M
10:45	60 MB / 60 HURDLES	F / WOMEN	W35 → W59	0,76 / 0,84M
10:50	COMPRIENTO / LONG JUMP	MISTO / MIXED	ALL	Gr. B: 1M – 4 ENSAIOS / 4 ATTEMPTS
11:00	100 M	M / MEN	ALL	
11:10	100 M	F / WOMEN	ALL	
	DARDO / JAVELIN	M / MEN	M35 → M59	700G/800G 4 ENSAIOS / 4 ATTEMPTS
11:25	VARA / POLE VAULT	MISTO / MIXED	ALL	1,80M →
	1 500 M	M / MEN	ALL	
11:35	1 500 M	F / WOMEN	ALL	
11:50	400 M	M / MEN	ALL	
12:00	400 M	F / WOMEN	ALL	
12:20	4 x 100 M	M / MEN	ALL	
12:30	4 x 100 M	F / WOMEN	ALL	

Notas:

- as provas podem incluir a participação extra competição de atletas locais de outros escalões
- em função das inscrições alguns escalões podem ser agrupados em provas mistas
- em função das inscrições o horário poderá sofrer ligeiras alterações

Notes:

- events may include some out of competition local participants of other age groups
- depending on the participation, some age groups can be grouped in mixed races
- depending on the participation, timetable can suffer minor changes