

**MASTERS MEETING MERAN OPEN**

Einzelmeisterschaft Südtirol-Trentino-Veneto

offen auch für Athleten aus dem Ausland

**Campionati Regionali Individuali Master OPEN**

TRENTINO-ALTO ADIGE-VENETO

aperto alla partecipazione per atleti esteri e fuori regione

Meran/o, Samstag/sabato 6. September/settembre 2014

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| **Zeit**  **Orario** | **MÄNNER - UOMINI** | **DAMEN - DONNE** |
| 10.00 | ZUSAMMENKUNFT - RITROVO – CONFERMA ISCRIZIONI | |
| 11.00 | 110 hs M35-40-45 | Kugel/Peso F |
| 11.00 |  | Stabhoch/Asta F |
| 11.20 | 100 hs M50-55 |  |
| 11.30 | 100 hs M60-65 |  |
| 11.45 |  | 100 hs F35 |
| 11.45 | Kugel/Peso M60+ |  |
| 11.45 | Stabhoch/Asta M60+ |  |
| 12.00 |  | 80 hs F40-45 |
| 12.15 | 80 hs M70-75 |  |
| 12.30 |  | 80 hs F50-55 |
| 12.30 | Kugel/Peso M35-40-45-50-55 |  |
| 12.45 |  | 80 hs 60+ |
| 13.00 | 80 hs M80+ |  |
| 13.00 | Stabhoch/Asta M35-40-45-50-55 |  |
| 13.30 |  | Speer/Giavellotto F |
| 13.30 |  | 100 m |
| 14.15 | 100 m |  |
| 14.15 | Speer/Giavellotto M |  |
| 14.45 | Hammer/Martello M70+ | Hammer/Martello F |
| 15.00 |  | 400 m |
| 15.15 |  | Weit/Lungo F |
| 15.30 | 400 m |  |
| 16.00 | Weitsprung/Lungo M55+ |  |
| 16.00 |  | 1500 m |
| 16.15 | 1500 m |  |
| 16.15 | Hammer/Martello da M35 bis/fino M65 |  |
| 16.45 | 5000 m Gehen/Marcia | 5000 m Gehen/Marcia |
| 16.45 | Weit/Lungo M35-40-45-50 |  |
| 17.45 | 4x100 m |  |
| 18.00 |  | 4x100 m |





Meran/o, Sonntag/domenica 7. September/settembre 2014

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| **Zeit**  **Orario** | **MÄNNER - UOMINI** | **DAMEN - DONNE** |
| 08.30 | ZUSAMMENKUNFT - RITROVO | |
| 09.00 | Diskus/disco M60+ | Hoch/alto F |
| 09.00 | 400 Hs M35-40-45 |  |
| 09.10 | 400 Hs M50-55 |  |
| 09.20 |  | 400 Hs F35-40-45 |
| 09.30 | Hoch/alto M60+ |  |
| 09.45 | Hoch/alto M35-40-45-50-55 |  |
| 09.45 | 300 Hs M60-65 |  |
|  |  | 300 Hs F50-55 |
| 09.45 |  | Diskus/disco F |
| 09.55 | 300 Hs M70-75 |  |
| 10.00 |  | 300 Hs F60-65 |
| 10.15 | 200 Hs M80+ |  |
| 10.25 |  | 200 Hs F70+ |
| 10.30 | Diskus/disco M35-40-45-50-55 |  |
| 10.45 |  | 5000 m |
| 11.15 | 5000 m |  |
| 11.15 |  | Dreisprung/triplo F |
| 11.30 | Dreisprung/triplo M55+ |  |
| 11.45 |  | 200 m |
| 11.55 | 200 m |  |
| 12.00 |  | Hammer HK/martello MC |
| 12.15 | Dreisprung/triplo M35-40-45-50 |  |
| 12.30 |  | 800 m |
| 12.30 | Hammer HK/martello MC |  |
| 12.45 | 800 m |  |
| 13.30 | 3000 m Hindernis/siepi M35-40-45-50-55 |  |
| 14.00 | 2000 m Hindernis/siepi M60+ | 2000 m Hindernis/siepi F |
| 14.30 |  | 4x400 m |
| 14.45 | 4x400 m |  |