ATHLETICS

Updated December 10th

ATHLETICS			07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Grade	Gender	Age	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
THE FOLLOWING EVENTS ARE IN ZAYED SPORTS CITY											
Track & Field	Male	30+, 35+	10000m	110m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
			100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
			Discus		200m		4x100		Hammer		
					Long Jump		Triple Jump				
		40+, 45+	10000m	110m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
			100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
			Discus		200m		4x100		Hammer		
					Long Jump		Triple Jump				
		50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	4x400	10000m	Shot Put	5000m RW	400m	Javelin			
				100m		5000m		3000m RW	High Jump	1500m RW	
				Discus		200m		1500m		800m	
						Long Jump		4x100		Hammer	
								Triple Jump			
		50+, 55+, 60+, 65+			100m H						
		70+, 75+, 80+, 85+, 90+, 95+, 100+			80m H						
		50+, 55+							400m H		
		60+, 65+, 70+, 75+							300m H		
		80+, 85+							200m H		
	Female	30+, 35+	10000m	100m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
			100m	Shot Put	5000m	High Jump	1500m	Javelin	800m		
			Discus		200m		4x100		Hammer		
					Long Jump		Triple Jump				
		40+, 45+	10000m	80m H	5000m RW	400m	3000m RW	400m H	1500m RW	4x400	
			100m	Shot Put	5000m	High Jump	1500m		800m		
			Discus		200m		4x100		Hammer		
					Long Jump		Triple Jump				
								Javelin			
		50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+	4x400	10000m	80m H	5000m RW	400m	3000m RW	High Jump	1500m RW	
				100m	Shot Put	5000m		1500m		800m	
				Discus		200m		4x100		Hammer	
						Long Jump		Triple Jump			
								Javelin			
		50+, 55+, 60+, 65+							300m H		
		70+, 75+							200m H		
Track & Field Para	Male	35+, 50+		Para 100m	Para 800m	Para 200m	Para 400m	Para 1500m			
				Para Discus	Para Long Jump	Para Shot put	Para Javelin	Para Club Throw			
	Female	35+, 50+		Para 100m	Para 800m	Para 200m	Para 400m	Para 1500m			
				Para Discus	Para Long Jump	Para Shot put	Para Javelin	Para Club Throw			
THE FOLLOWING EVENTS ARE ON HUDAYRIYAT ISLAND											
Road	Male	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+									2.5km Road
											5km Road
											10km Road
											Half marathon
	Female	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+									2.5km Road
											5km Road
											10km Road
											Half marathon
Road Para	Male	35+, 50+									Para - 2.5km Road
											Para - 5km Road
											Para - 10km Road
											Para - Half marathon
	Female	35+, 50+									Para - 2.5km Road
											Para - 5km Road
											Para - 10km Road
											Para - Half marathon