

**UPDATED PROGRAMME OF EVENTS FOR 12TH AFRICAN MASTERS ATHLETICS CHAMPIONSHIP
RADES 2019**

EVENTS	AGE GROUP	TIME	DAY 1 6TH	TIME	DAY 2 7TH	TIME	DAY 3 8TH	TIME	DAY 4 9TH
100 METERS	ALL			10:45	SEMI FINAL	10:45	FINAL		
200 METERS	ALL			15:30	SEMI FINAL	15:30	FINAL		
400 METERS	ALL			10:15	SEMI FINAL	10:15	FINAL		
800 METERS	ALL			16:00	SEMI FINAL	16:00	FINAL		
1500 METERS	ALL			9:45	SEMI FINAL	9:45	FINAL		
5000 METERS	ALL					16:30	FINAL		
10KM ROAD	ALL			7:00	FINAL				
10KM WALK	ALL					7:00	FINAL		
20KM WALK	ALL			8:15	FINAL				
100/110 HURDLES	F/W/H/M 35-50			9:15	SEMI FINAL	9:15	FINAL		
400 METERS HURDLE	F/W/H/M 35-50			15:30	SEMI FINAL	15:30	FINAL		
HIGH JUMP	ALL			15:05	FINAL				
POLE VAULT	ALL					15:00	FINAL		
LONG JUMP	ALL			15:00	FINAL				
TRIPLE JUMP	ALL					15:00	FINAL		
SHOT PUT	ALL			9:00	FINAL				
DISCUS	ALL					9:00	FINAL		
JAVELIN	ALL					11:00	FINAL		
HAMMER	ALL			11:00	FINAL				
4 X 100 METERS	ALL					17:00	FINAL		
4 X 400 METERS	ALL					17:45	FINAL		
8KM CROSS COUNTRY	ALL	7:00	FINAL						
HALF MARATHON	ALL							7:00	FINAL
ACCREDITATION	ALL	9:00- 18:00	6TH						
TECHNICAL MEETING	ALL	15:00- 18:00	6TH						

MAIN EVENTS-NATIONAL STADE OLYMPIQUE DE RADES-FEBRUARY 7TH AND 8TH FEBRUARY 2019

THROWS EVENTS-STADE DE NABEUL-FEBRUARY 7TH AND 8TH FEBRUARY 2019

**CROSS COUNTRY-STARTS FROM TUNIS AND ENDS IN RADES HISTORIC PLACE ON THE 6TH FEBRUARY
2019 FOR THE OPENING CEREMONY**