

32. MPM, 11. MPL w LA, Toruń 2022

17.06.2022 (piątek)						
15.00	Rozpoczęcie pracy sekretariatu					
19.00	Zebranie Zarządu PZLAM					
18.06.2022 (sobota) 1 dzień zawodów		Skok w dal	Skok wzwyż	Oszczep	Kula	Młot
7.30	Rozpoczęcie pracy sekretariatu	ważenie sprzętu 9.00				
9.00	10000m K(14)+M70+ (10)					
9.30					K60+(9)	
9.45				M65 (5)		
10.00	10000m M50-65 (22)	M55-60 (9)				M80 + (10)
10.10				M70-75 (12)	K50-55 (9)	
10.50	10000m M35-45 (29)	M50 (9)			K35-45 (10)	M55-60 (9)
11.00			K (11)			
11.10				M80+ (10)		
11.35		M45 (8)			M75 (8)	
11.45	Chód 3000m K+ M (25)					M65 (9)
12.00			M75+ (6)			
12.10	300mmpł.M70-75(6) +K60 (1) 68,8 cm/50/35/40	200 mppł M80(1)		K35-45 (9)	M80+ (11)	
12.15	300mmpł.M60-65(10) 76,2 cm	M65 (6)				
12.25	400mmpł. M50-55 (8) 84,0/45/35/40					
12.30	400mmpł. M35-45 (7) 91,4/45/35/40					
13.00	Uroczyste otwarcie zawodów					
13.25	100m K (32) + PK (1)	M70(7)	M35-45 (8)	M35-40 (13)	M60-65 (14)	M45-50 (10)
13.45	100 m M35 (10)					
13.53	100 m M40-45 (20)					
14.05	100m M50-55 (21)	K35-45 (13)				
14.17	100m M60-65 (12)				M70 (12)	M35-40 (9)
14.25	100m M70+ (15)			M45 (12)		
14.35	1500m M35(12)		M50-55 (9)			
14.41	1500m M40 (10)					
14.48	1500m M45-50 (17)					
14.55	1500m M55+65 (11)	K50+ (8)				
15.02	1500m M60 (12)					K50+(10)
15.10	1500m M70+ (16)				M35-40 (14)	
15.18	1500m K35-40 (12)					
15.27	1500m K45+ (11)			M50-55(11)		
15.40	400m M70+(18)	M35-40 (10)	M60-65 (9)			M70-75 (14)
15.55	400m M60-65 (13)					
16.05	400m M55 (4) +PK (1)				M45 (12)	
16.10	400m M50 (10)					
16.20	400m M40-45 (19)			K50+(10)		
16.35	400m M35 (9)	M75+ (8)				
16.40	400m K(22) + PK (1)		M70 (7)			K35-45 (6)
17.00	3000mprz. (16)				M50 -55 (16)	
17.20	2000mprz.(12) + K (4)			M60 (6)		
17.45	Walne Zebranie 1 termin					
18.00	Walne Zebranie 2 termin					
19.30	Spotkanie integracyjne					

19.06.2022 2 dzień zawodów						
Godz.	Bieżnia	Trójskok	Tyczka	Dysk 1	Dysk 2	
8.00	Rozpoczęcie pracy sekretariatu			Ważenie sprzętu		
8.30	Chód 5000 K (7) + M (16)					
9.10	5000m M35 (16)					
9.35	5000m M40-45 (24)					
10.00	5000m M50-55 (20)	M45-55 (12)	M65+(13)	M80+(11)	M75 (8)	
10.25	5000m M60 (15)					
10.55	5000m M65+ (17)	M60-65 (12)		M70 (12)	K50+ (13)	
11.25	5000m K (20)					
11.55	80mppł, K45-55 (2) +K60 (3)	M35-40 (6)+				
12.00	80mppł, M70-75 (11) + M80 (2)		M35-60 (13)	M50 (10)	M65 (8)	
12.05	100mppł M60-65 (8) + K40 (1)					
12.15	100mppł M50-55 (7)					
12.20	110mppł M35-45 (3)					
12.30	800m M35 (13)	K (7)				
12.36	800m M40 (12)					
12.42	800m M45+M55 (11)				M55-60 (12)	
12.49	800m M50 (16)					
12.56	800m M60-65 (12)			K40-45 (11)		
13.05	800m M70+ (13)	M70 (6)				
13.14	800m K (23)					
13.40	200m K 30-45 (13)	M75+ (8)			M45 (9)	
13.50	200m K 50+ (15)+ PK (1)			M35-40 (8)		
14.00	200m M35 (7) + PK (1)					
14.05	200m M40-45 (24)					
14.20	200m M50-55 (22)					
14.35	200m M60 (8)					
14.40	200m M65 (9)					
14.45	200m M70+(17)					
15.00	Zakończenie zawodów					