**EMACS 2017**

*European Masters Athletics Championships Stadia 2017, Aarhus, Denmark*

# Draft Daily Schedule - EMACS 2017

**Women**

| | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90+ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **100m Heats** | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 |
| **100m Semi-finals** | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | - | - | - | - | - |
| **100m Finals** | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 |
| **200m Heats** | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | - | - |
| **200m Semi-finals** | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | - | - | - | - | - | - |
| **200m Finals** | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 |
| **400m Heats** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | - | - | - |
| **400m Semi-finals** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | - | - | - | - | - | - | - |
| **400m Finals** | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 |
| **800m Heats** | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | - | - | - |
| **800m Semi-finals** | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | - | - | - | - | - | - |
| **800m Finals** | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 |
| **1,500m Heats** | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | - | - | - |
| **1,500m Finals** | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 |
| **5,000m (ABC)** | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 |
| **10,000m** | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 |
| **80/100/110m Hurdles – Heats** | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | - | - | - |
| **80/100/110m Hurdles – Final** | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 |
| **200/300/400m Hurdles – Heats** | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | - | - | - |
| **200/300/400m Hurdles – Finals** | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 |
| **Steeplechase** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 |
| **Race Walk – Track** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 |
| **Race Walk – Road** | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 |
| **Half Marathon** | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 |
| **Long Jump** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 |
| **High Jump** | 06.08 | 06.08 | 06.08 | 04.08 | 04.08 | 04.08 | 04.08 | 04.08 | 05.08 | 05.08 | 05.08 | 05.08 |
| **Pole Vault** | 30.07 | 30.07 | 02.08 | 02.08 | 02.08 | 02.08 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 |
| **Triple Jump** | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 | 29.07 |
| **Shot Put** | 29.07 | 29.07 | 29.07 | 29.07 | 02.08 | 02.08 | 30.07 | 30.07 | 31.07 | 31.07 | 31.07 | 31.07 |
| **Javelin Throw** | 02.08 | 02.08 | 02.08 | 02.08 | 30.07 | 30.07 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 | 02.08 |
| **Discus Throw** | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 31.07 | 30.07 | 30.07 | 30.07 | 30.07 |
| **Hammer Throw** | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 | 03.08 |
| **Weight Throw** | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 |
| **Throwing Pentathlon** | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 |
| **Multi Event – Day 1** | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 | 27.07 |
| **Multi Event – Day 2** | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 | 28.07 |
| **4x100m Relay** | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 | 05.08 |
| **4x400m Relay** | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 | 06.08 |
| **4 km cross-country running** | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 | 30.07 |