

Cupa României de Seniori PROGRAM FINAL

Sâmbătă – 10.08.2024 Reuniunea I				Duminică – 11.08.2024 Reuniunea II			
17:30	100 mg	F	Serii	08:30	5000 m	F	SCT
17:30	Ciocan	M		08:45	Sulita	F	
17:45	110 mg	M	Serii	08:50	5000 m	M	SCT
17:55	1500 m	F	SCT	09:00	Lungime	F	
18:00	Inaltime	M		09:00	Prajina	F	
18:00	Triplusalt	F		09:10	400 mg	F	SCT
18:05	1500 m	M	SCT	09:25	400 mg	M	SCT
18:15	Ciocan	F		09:30	Greutate	F	
18:15	100 mg	F	FINALA	09:30	800 m	F	SCT
18:30	110 mg	M	FINALA	09:35	800 m	M	SCT
18:45	Triplusalt	M		09:45	200 m	F	SCT
18:45	Disc	M		09:50	200 m	M	SCT
18:45	100 m	F	Serii	10:00	Lungime	M	
18:50	100 m	M	Serii	10:00	Inaltime	F	
19:00	Prajina	M		10:05	4x400 m	F	SCT
19:05	3000 m obst.	F	SCT	10:10	4x400 m	M	SCT
19:20	3000 m obst.	M	SCT	10:15	Greutate	M	
19:20	Disc	F		Director de concurs : Terpezan Alexandru Judecator arbitru: Stefan Alexandru			
19:35	100 m	F	FINALA				
19:40	100 m	M	FINALA				
19:45	Sulita	M					
19:45	400 m	F	SCT				
19:50	400 m	M	SCT				
20:00	4x100 m	F	SCT				
20:05	4x100 m	M	SCT				
20:10	4x400 m	MIXT	SCT				

