PROGRAM PROIECT

C.N . JUNIORI U20

ORA	PROBA		F/M		ORA	PROBA	CATEGORIA	F/B
	SAMBATA					**DUMINICA**		
8.00	5000m mars	Finala	F/M		8.45	110m garduri	Decatlon	M
8.45	3000m obstacole	Finala	F		9.00	Lungime	Heptatlon	F
9.00	3000m obstacole	Finala	M		9.00	Prajina	Finala	M
9.00	Prajina	Finala	F		9.00	Sulita	Finala	F
9.00	Ciocan	Finala	M		8.55	5000m	Finala	F
9.15	100m	Decatlon	M		9.15	5000m	Finala	M
9.30	100m garduri	Heptatlon	F		9.30	Disc	Decatlon	M
9.35	100m garduri	Serii	F		9.45	400m garduri	sct	F
10.00	Lungime	Decatlon	M		10.00	Lungime	Finala	F
10.00	Ciocan	Finala	M		10.00	400m garduri	Sct	M
10.05	110m garduri	Serii	M		10.00	Sulita	Finala	M
10.15	Inaltime	Heptatlon	F		10.15	800m	Sct	F
10.15	100m	Serii	F		10.30	800m	Sct	M
10.30	100m	Serii	M		10.30	Prajina	Decatlon	M
10.45	400m	Serii	F		10.45	200m	Sct	F
11.00	400m	Serii	M		11.00	Greutate	Finala	F
11.00	Triplusalt	Finala	F		11.00	200m	Sct	M
11.00	Disc	Finala	F		11.00	Sulita	Heptatlon	F
11.00	Greutate	Decatlon	M		11.15	Inaltime	Finala	F
11.25	100m garduri	Finala	F		11.45	Lungime	Finala	M
11.30	Inaltime		M		11.45	Sulita	Decatlon	M
11.40	110m garduri	Finala	M		11.20	Stafeta 4 x 100m mixt	sct	F/M
11.45	Greutate	Heptatlon	F		11.30	Stafeta 4 x 400m	sct	F
11.50	100m	Finala	F		11.40	Stafeta 4 x 400m	sct	M
11.55	100m	Finala	M		12.00	800m	Heptatlon	F
12.00	Triplusalt	Finala	M		11.45	Greutate	Finala	M
12.00	Disc	Finala	M		12.30	1500m	Decatlon	M
12.00	1500m	sct	F					
12.10	1500m	sct	M					
12.20	Stafeta 4 x 100m	sct	F					
12.30	Stafeta 4 x 100m	sct	M					
12.40	Stafeta 4 x 400m mixt	sct	F/M					
	SAMBATA							
17.00	Inaltime	Decatlon	M					
18.15	200m	Heptatlon	F					
18.25	400m	Decatlon	M					