

COMPETITION SCHEDULE **WOMEN**

NUMBER INDICATE THE EVENT DATES

EVENT	ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100m	Heats	14	14	13	13	13	14	14					
	Semi-finals	15	15	14	14	14	15	15	13	13	13		
	Finals	15	15	14	14	14	15	15	13	13	13	13	13
200m	Heats	18	18	18	18	19	19	19					
	Semi-finals	19	19	19	19	20	20	20	20	20	20		
	Finals	19	19	19	19	20	20	20	20	20	20	20	20
400m	Heats	20	20	20	20	22	22						
	Semi-finals	22	22	22	22	23	23	22	22	22	22		
	Finals	23	23	23	23	24	24	23	23	23	23	23	23
800m	Heats	14	14	15	15	15	15	15	15	15	15		
	Finals	15	15	17	17	17	17	17	17	17	17	15	15
1500m	Heats	23	23	23	22	22	22	22					
	Finals	25	25	25	24	24	24	24	25	25	25	25	25
5000m	Finals	14	17	14	14	14	14	15	17	15	15	15	15
Short Hurdles	Heats				22	22							
(80m/100m)	Semi-finals	23	23	23	23	23	24	24	24				
	Finals	23	23	23	23	23	24	24	24	24	24	24	24
Long Hurdles (200m/300m/400m)	Heats												
	Semi-finals	17	17	15	15	15	15	15	15				
	Finals	18	18	17	17	17	17	17	17	18	18	18	18
Steeplechase	Finals	13	13	13	13	13	13	13	13	13	13	13	13
4x100m Relay	Finals	17	17	17	17	17	17	17	17	17	17	17	17
4x400m Relay	Finals	25	25	25	25	25	25	25	25	25	25	25	25
5000m Race Walk	Finals	19	19	19	19	19	19	20	20	20	20	20	20
High Jump	Finals	18	17	14	14	19	20	20	22	22	22	22	22
Pole Vault	Finals	17	23	13	13	22	19	19	20	20	20	20	20
Long Jump	Finals	19	18	20	20	17	17	17	13	13	13	13	13
Triple Jump	Finals	20	19	22	22	18	18	18	17	17	17	17	17
Shot Put	Finals	20	20	13	15	15	13	13	17	17	17	17	17
Discus	Finals	19	19	20	19	17	17	17	18	20	18	18	18
Javelin	Finals	15	15	14	13	19	22	22	13	19	19	19	19
Hammer	Finals	17	17	19	14	18	19	18	19	13	13	13	13
Weight Throw	Finals	22	22	22	22	20	20	20	20	22	22	22	22
Heptathlon	Finals	13/14	13/14	17/18	17/18	13/14	14/15	14/15	14/15	14/15	14/15	14/15	14/15
Throws Pentathlon	Finals	24	24	25	24	23	23	23	23	25	25	25	25
10km Road Run	Finals	18	18	18	18	18	18	18	18	18	18	18	18
Half Marathon	Finals	24	24	24	24	24	24	24	24	24	24	24	24
10km Road Walk	Finals	17	17	17	17	17	17	17	17	17	17	17	17
20km Road Walk	Finals	25	25	25	25	25	25	25	25	25	25	25	25
Cross Country	Finals	20	20	20	20	20	20	20	20	20	20	20	20

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100m	Heats	14	14	13	13	13	13	13	14	14			
	Semi-finals	15	15	14	14	14	14	14	15	15	13	13	
	Finals	15	15	14	14	14	14	14	15	15	13	13	13
200m	Heats	18	18	18	18	18	18	19	19	19			
	Semi-finals	19	19	19	19	19	19	20	20	20	20	20	
	Finals	19	19	19	19	19	19	20	20	20	20	20	20
400m	Heats	20	20	20	20	22	22	22	22	22			
	Semi-finals	22	22	22	22	23	23	23	23	23	22	22	
	Finals	23	23	23	23	24	24	24	24	24	23	23	23
800m	Heats	14	14	15	15	15	15	15	15	15	15	15	
	Finals	15	15	17	17	17	17	17	17	17	17	17	15
1500m	Heats	23	23	23	22	22	22	22	23	23			
	Finals	25	25	25	24	24	24	24	25	25	25	25	25
5000m	Finals	14	17	14	14	14	14	15	14	15	15	15	15
Short Hurdles	Heats	22	22	22	22	22	22						
(80m/100m/110m)	Semi-finals	23	23	23	23	23	23	24	24	24	24		
	Finals	23	23	23	23	23	23	24	24	24	24	24	24
Long Hurdles (200m/300m/400m)	Heats	15	15	14	14	14	15						
	Semi-finals	17	17	15	15	15	17	15	15	15	15		
	Finals	18	18	17	17	17	18	17	17	17	17	18	18
Steeplechase	Finals	13	13	13	13	13	13	13	13	13	13	13	13
4x100m Relay	Finals	17	17	17	17	17	17	17	17	17	17	17	17
4x400m Relay	Finals	25	25	25	25	25	25	25	25	25	25	25	25
5000m Race Walk	Finals	19	19	19	19	20	20	20	20	20	20	20	20
High Jump	Finals	15	17	22	14	18	23	20	15	13	19	19	19
Pole Vault	Finals	14	15	20	13	17	22	19	14	23	18	18	18
Long Jump	Finals	19	18	13	15	20	20	22	13	14	23	23	23
Triple Jump	Finals	20	19	23	20	22	24	23	23	15	24	24	24
Shot Put	Finals	15	15	17	13	18	20	17	15	15	15	15	15
Discus	Finals	14	19	18	19	17	17	20	20	20	20	18	18
Javelin	Finals	20	20	13	15	22	15	19	14	14	19	19	19
Hammer	Finals	19	17	19	20	19	18	18	13	13	17	17	17
Weight Throw	Finals	22	22	22	22	20	22	22	22	22	22	22	22
Decathlon	Finals	17/18	13/14	14/15	17/18	14/15	13/14	14/15	17/18	17/18	13/14	13/14	13/14
Throws Pentathlon	Finals	25	25	24	24	23	25	24	24	24	25	25	25
10km Road Run	Finals	18	18	18	18	18	18	18	18	18	18	18	18
Half Marathon	Finals	24	24	24	24	24	24	24	24	24	24	24	24
10km Road Walk	Finals	17	17	17	17	17	17	17	17	17	17	17	17
20km Road Walk	Finals	25	25	25	25	25	25	25	25	25	25	25	25
Cross Country	Finals	20	20	20	20	20	20	20	20	20	20	20	20