

|       |        |                        |                      |                         |
|-------|--------|------------------------|----------------------|-------------------------|
|       |        | ΠΑΡΑΣΚΕΥΗ - 18.09.2015 |                      |                         |
| Κλήση | Έναρξη | ΔΡΟΜΟΙ                 | ΑΛΜΑΤΑ               | ΡΙΨΕΙΣ                  |
| 7:15  | 7:30   |                        |                      | Ακόντιο Α (70,75,80,85) |
| 7:30  | 7:45   | 5 χλμ Βάδην Γ (35+...) |                      |                         |
| 8:00  | 8:15   |                        | Επί Κοντώ Γ (35+...) |                         |
| 8:30  | 8:45   |                        |                      | Ακόντιο Α (60,65)       |
| 8:30  | 8:45   | 300μ Εμπ. Γ (50+...)   |                      |                         |
| 8:40  | 8:55   | 300μ Εμπ. Α (65,70,75) |                      |                         |
| 8:45  | 9:00   |                        | Επί Κοντώ Α (35+...) |                         |
| 8:50  | 9:05   | 300μ Εμπ. Α (60)       |                      |                         |
| 9:05  | 9:20   | 400μ Εμπ. Γ (35,40,45) |                      |                         |
| 9:15  | 9:30   | 400μ Εμπ. Α (50,55)    |                      |                         |
| 9:30  | 9:45   | 400μ Εμπ. Α (35,40,45) |                      | Ακόντιο Α (50, 55)      |
| 9:45  | 10:00  | 800μ Γ (50+...)        |                      |                         |
| 9:55  | 10:10  | 800μ Γ (40,45)         |                      |                         |
| 10:05 | 10:20  | 800μ Γ (35)            |                      |                         |
| 10:15 | 10:30  | 800μ Α (70,75)         |                      |                         |

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| 10:25 | 10:40  | 800μ A (65)          | Ύψος Γ (35+...) | Ακόντιο A (35, 40, 45) |
| 10:35 | 10:50  | 800μ A (60)          |                 |                        |
| 10:45 | 11:00  | 800μ A (55)          |                 |                        |
| 10:55 | 11:10  | 800μ A (50)          |                 | Σφύρα A (70,75,80,85)  |
| 11:05 | 11:20  | 800μ A (45)          |                 |                        |
| 11:15 | 11:30  | 800μ A (35,40)       |                 |                        |
|       |        |                      |                 |                        |
|       |        | ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ       |                 |                        |
| Κλήση | Έναρξη | ΔΡΟΜΟΙ               | ΑΛΜΑΤΑ          | ΡΙΨΕΙΣ                 |
| 13:30 | 13:45  | 100μ Γ (65,70,75,80) | Ύψος A (65+...) | Σφύρα A (60,65)        |
| 13:35 | 13:50  | 100μ Γ (55,60)       |                 |                        |
| 13:40 | 13:55  | 100μ Γ (50)          |                 |                        |
| 13:45 | 14:00  | 100μ Γ (40)          |                 |                        |
| 13:50 | 14:05  | 100μ Γ (35)          |                 |                        |
| 14:00 | 14:15  | 100μ A (80,85,90)    |                 |                        |

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| 14:05 | 14:20 | 100μ A (75) |                   |                    |
| 14:10 | 14:25 | 100μ A (70) |                   |                    |
| 14:15 | 14:30 | 100μ A (65) |                   |                    |
| 14:20 | 14:35 | 100μ A (65) |                   |                    |
| 14:25 | 14:40 | 100μ A (60) |                   |                    |
| 14:30 | 14:45 | 100μ A (60) | Ύψος A (50,55,60) | Σφύρα A (50,55)    |
| 14:35 | 14:50 | 100μ A (55) |                   |                    |
| 14:40 | 14:55 | 100μ A (55) |                   |                    |
| 14:45 | 15:00 | 100μ A (50) |                   |                    |
| 14:50 | 15:05 | 100μ A (50) |                   |                    |
| 14:55 | 15:10 | 100μ A (45) |                   |                    |
| 15:00 | 15:15 | 100μ A (45) |                   |                    |
| 15:05 | 15:20 | 100μ A (40) |                   |                    |
| 15:10 | 15:25 | 100μ A (40) |                   |                    |
| 15:15 | 15:30 | 100μ A (35) |                   | Σφύρα A (35,40,45) |

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| 15:20        | 15:35         | 100μ A (35)                |                      |                           |
| 15:30        | 15:45         | 5000μ A (35,40,45)         |                      |                           |
| 16:00        | 16:15         | 5000μ A (50,55)            | Ύψος A (35,40,45)    |                           |
| 16:30        | 16:45         | 5000μ A (60+...)           |                      |                           |
| 16:45        | 17:00         |                            |                      | Σφύρα Γ (35+)             |
|              |               |                            |                      |                           |
|              |               | <b>ΣΑΒΒΑΤΟ 19.09.2015</b>  |                      |                           |
| <b>Κλήση</b> | <b>Έναρξη</b> | <b>ΔΡΟΜΟΙ</b>              | <b>ΑΛΜΑΤΑ</b>        | <b>ΡΙΨΕΙΣ</b>             |
| 7:15         | 7:30          | 5 χλμ Βάδην A (50+)        |                      |                           |
| 8:15         | 8:30          | 5 χλμ Βάδην A (35, 40, 45) | Μήκος Γ (50+)        | Ακόντιο Γ (55+)           |
| 9:15         | 9:30          | 5000μ Γ (35-49)            |                      |                           |
| 9:30         | 9:45          |                            | Μήκος Γ (35, 40, 45) | Ακόντιο Γ (35, 40, 45,50) |
| 10:00        | 10:15         | 5000μ Γ (50+)              |                      | Σφαίρα Γ (60+...)         |
| 11:00        | 11:15         | 80μ Εμπ. Γ (50+...)        |                      |                           |
| 11:15        | 11:30         | 80μ Εμπ. Γ (40,45)         | Μήκος A (70+...)     | Δίσκος A (70+...)         |

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| 11:30 | 11:45 | 80μ Εμπ. Α (70+...) |                    |                  |
| 11:45 | 12:00 | 100μ Εμπ. Γ (35)    |                    |                  |
| 12:00 | 12:15 | 100μ Εμπ.Α (60,65)  |                    |                  |
| 12:15 | 12:30 | 100μ Εμπ. Α (50,55) |                    |                  |
| 12:30 | 12:45 | 110μ Εμπ Α (45)     | Μήκος Α (55,60,65) |                  |
| 12:45 | 13:00 | 110μ Εμπ. Α (40)    |                    |                  |
| 13:00 | 13:15 | 110μ Εμπ. Α (35)    |                    |                  |
|       |       |                     |                    |                  |
|       |       |                     |                    |                  |
|       |       | <b>ΔΙΑΛΕΙΜΜΑ</b>    |                    |                  |
|       |       |                     |                    |                  |
| 14:00 | 14:15 | 400μ Γ (55+...)     |                    | Δίσκος Α (60,65) |
| 14:10 | 14:25 | 400μ Γ (50)         | Μήκος Α (45,50)    | Σφαίρα Γ (50,55) |
| 14:20 | 14:35 | 400μ Γ (45)         |                    |                  |
| 14:30 | 14:45 | 400μ Γ (40)         |                    |                  |
| 14:40 | 14:55 | 400μ Γ (35)         |                    |                  |

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| 14:45 | 15:00 | 400μ A (80+)     |                 |                     |
| 14:50 | 15:05 | 400μ A (70,75)   |                 |                     |
| 15:00 | 15:15 | 400μ A (65)      |                 |                     |
| 15:10 | 15:25 | 400μ A (60)      |                 |                     |
| 15:15 | 15:30 | 400μ A (60)      |                 |                     |
| 15:20 | 15:35 | 400μ A (55)      |                 |                     |
| 15:25 | 15:40 | 400μ A (55)      | Μήκος A (35,40) |                     |
| 15:30 | 15:45 | 400μ A (50)      |                 | Δίσκος A (50,55)    |
| 15:35 | 15:50 | 400μ A (50)      |                 | Σφαίρα Γ (35,40,45) |
| 15:40 | 15:55 | 400μ A (45)      |                 |                     |
| 15:45 | 16:00 | 400μ A (45)      |                 |                     |
| 15:50 | 16:05 | 400μ A (40)      |                 |                     |
| 15:55 | 16:10 | 400μ A (40)      |                 |                     |
| 16:00 | 16:15 | 400μ A (35)      |                 |                     |
| 16:10 | 16:25 | 1500μ Γ (50+...) |                 |                     |

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|--------------|---------------|---------------------------|-----------------------|------------------------|
| 16:25        | 16:40         | 1500μ Γ (35,40,45)        |                       |                        |
| 16:35        | 16:50         | 1500μ Α (65+)             |                       | Δίσκος Α (35,40,45)    |
| 16:45        | 17:00         | 1500μ Α (55,60)           |                       |                        |
| 16:55        | 17:00         | 1500μ Α (45,50)           |                       |                        |
| 17:05        | 17:20         | 1500μ Α (35,40)           |                       |                        |
| 17:15        | 17:30         | 4 x 100μ Γ                |                       |                        |
| 17:30        | 17:45         | 4 x 100μ Α                |                       |                        |
|              |               |                           |                       |                        |
|              |               |                           |                       |                        |
|              |               | <b>ΚΥΡΙΑΚΗ 20/09/2015</b> |                       |                        |
| <b>Κλήση</b> | <b>Έναρξη</b> | <b>ΔΡΟΜΟΙ</b>             | <b>ΑΛΜΑΤΑ</b>         | <b>ΡΙΨΕΙΣ</b>          |
| 8:15         | 8:30          | Ημιμαραθώνιος Α - Γ       | Τριπλούν Α (60+...) - | Σφαίρα Α (70,75,80,85) |
| 8:15         | 8:30          |                           | Τριπλούν Γ (35+...)   |                        |
| 8:30         | 8:45          | 2000m Στιπλ (35-59)       |                       | Δίσκος Γ (55+...)      |
| 9:00         | 9:15          | 3000μ Στιπλ Α (35-59)     |                       |                        |
| 9:15         | 9:30          |                           |                       | Σφαίρα Α (50,55)       |

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|-------|-------|-------------------|-----------------------|------------------------|
| 9:30  | 9:45  | 200μ Γ (60+...)   | Τριπλούν Α (45,50,55) |                        |
| 9:35  | 9:50  | 200μ Γ (55)       |                       |                        |
| 9:40  | 9:55  | 200μ Γ (50)       |                       |                        |
| 9:45  | 10:00 | 200μ Γ (45)       |                       | Δίσκος Γ (35,40,45,50) |
| 9:50  | 10:05 | 200μ Γ (35,40)    |                       |                        |
| 10:00 | 10:15 | 200μ Α (80,85,90) |                       |                        |
| 10:05 | 10:20 | 200μ Α (75)       |                       | Σφαίρα Α (60,65)       |
| 10:10 | 10:25 | 200μ Α (70)       |                       |                        |
| 10:15 | 10:30 | 200μ Α (65)       |                       |                        |
| 10:20 | 10:35 | 200μ Α (60)       |                       |                        |
| 10:25 | 10:40 | 200μ Α (60)       |                       |                        |
| 10:30 | 10:45 | 200μ Α (55)       |                       |                        |
| 10:35 | 10:50 | 200μ Α (55)       |                       |                        |
| 10:40 | 10:55 | 200μ Α (50)       |                       |                        |
| 10:45 | 11:00 | 200μ Α (50)       | Τριπλούν Α (35,40)    | Σφαίρα Α (35,40,45)    |



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|-------|-------|---------------------------|--|--|
| 10:50 | 11:05 | 200μ A (45)               |  |  |
| 10:55 | 11:10 | 200μ A (45)               |  |  |
| 11:00 | 11:15 | 200μ A (40)               |  |  |
| 11:05 | 11:20 | 200μ A (35)               |  |  |
| 11:15 | 11:30 | Βαλκανική Σκυταλοδρομία Γ |  |  |
| 11:45 | 12:00 | Βαλκανική Σκυταλοδρομία Α |  |  |