



FEDERAZIONE ITALIANA  
DI ATLETICA LEGGERA

**International Long Throwing Match Italy - France - Germany**

**ANCONA – 2<sup>nd</sup> March 2013**

**Timetable draft**

	<b>Men</b>	<b>Women</b>
<b>09.30</b>		<b>JAVELIN THROW</b>
<b>10.50</b>	<b>JAVELIN THROW</b>	
<b>12.10</b>		<b>DISCUS THROW</b>
<b>13.30</b>	<b>DISCUS THROW</b>	
<b>14.50</b>		<b>HAMMER THROW</b>
<b>16.10</b>	<b>HAMMER THROW</b>	

International Junior Match Italy - France - Germany

ANCONA – 2<sup>nd</sup> March 2013

**Timetable draft**

	<b>Men</b>	<b>Women</b>
13.30		<b>SHOT PUT</b>
13.45		<b>HIGH JUMP</b>
14.30	<b>SHOT PUT</b>	
15.15	5Km Race Walking	
15.15		<b>LONG JUMP</b>
16.00	<b>POLE VAULT</b>	
16.05		60 Hs – A race
16.15	60 Hs – A race	
16.30		60 – A race
16.30	<b>TRIPLE JUMP</b>	
16.40	60 – A race	
16.50		400
16.55	400	
17.10	60 Hs – B race	
17.20		60 Hs – B race
17.30		60 - B race
17.30		<b>TRIPLE JUMP</b>
17.40	60 – B race	
17.45		<b>POLE VAULT</b>
17.50		200
18.00	200	
18.00	<b>HIGH JUMP</b>	
18.10		3 Km race walking
18.30		800
18.30	<b>LONG JUMP</b>	
18.40	800	
18.50		1500
19.00	1500	
19.10		4x1 lap relay
19.20	4x1 lap relay	