

**WMA 2022 Timetable Tampereen Stadion  
Ratina**

<b>29.6.</b>				
<b>Track &amp; Field Decathlon Day 1</b>				
	9:00	M75+	Decathlon	
	9:20	M70	Decathlon	
	11:10	M65	Decathlon	
	12:30	M60	Decathlon	
<b>Track</b>				
	9:15	M80	100m	Q
	9:30	M70	100m	Q
	9:50	M65	100m	Q
	10:15	M60	100m	Q
	10:45	M55	100m	Q
	10:50	W55	100m	Q
	11:30	W50	100m	Q
	11:45	M50	100m	Q
	12:50	W45	100m	Q
	13:10	M45	100m	Q
	13:40	M40	100m	Q
	14:10	W40	100m	Q
	14:30	M35	100m	Q
	<b>16:00</b>	<b>M55</b>	<b>800m</b>	<b>Q</b>
<b>Field</b>				
	10:40	M55	Shot Put	F
	12:05	M45	Shot Put	F
	12:35	M50	Shot Put	F
	14:15	M35	Shot Put	F
	14:40	M40	Shot Put	F

### Timetable Tampereen Stadion (Ratina)

30.6.				
Track & Field Decathlon Day 2				
	9:00	M75+	Decathlon	
	9:15	M70	Decathlon	
	11:20	M65	Decathlon	
	11:35	M60	Decathlon	
Track				
	09:30	M85	100m	S
	09:35	M80	100m	S
	09:40	M75	100m	S
	09:50	M70	100m	S
	10:00	W70	100m	S
	10:10	M65	100m	S
	10:25	W65	100m	S
	10:35	M60	100m	S
	10:45	W60	100m	S
	10:55	M55	100m	S
	11:10	W55	100m	S
	12:00	M50	100m	S
	12:10	W50	100m	S
	12:20	M45	100m	S
	12:30	W45	100m	S
	12:40	M40	100m	S
	12:50	W40	100m	S
	13:00	M35	100m	S
	13:10	W35	100m	S
	13:30	M75	800m	S
	13:40	M70	800m	S
	14:00	M65	800m	S
	14:15	W65	800m	S
	14:25	M60	800m	S
	14:45	W60	800m	S
	14:50	M55	800m	S
	15:05	W55	800m	S
	15:15	M50	800m	S
	15:35	W50	800m	S
	15:50	M45	800m	S
	16:05	M40	800m	S
	16:25	M35	800m	S
	17:00	M90+	100m	F
	17:05	M85	100m	F
	17:10	W85+	100m	F
	17:15	M80	100m	F
	17:20	W80	100m	F
	17:25	M75	100m	F
	17:30	W75	100m	F
	17:35	M70	100m	F
	17:40	W70	100m	F
	17:45	M65	100m	F
	17:50	W65	100m	F
	17:55	M60	100m	F
	18:00	W60	100m	F
	18:05	M55	100m	F
	18:10	W55	100m	F
	18:15	M50	100m	F
	18:20	W50	100m	F
	18:25	M45	100m	F
	18:30	W45	100m	F
	18:35	M40	100m	F
	18:40	W40	100m	F
	18:45	M35	100m	F
	18:50	W35	100m	F
Field				
	12:00	W75+	Shot Put	F
	13:30	W70	Shot Put	F
	15:10	W65	Shot Put	F
	16:50	W60	Shot Put	F
	18:40	W55	Shot Put	F

### Timetable Tampereen Stadion (Ratina)

1.7.				
Track & Field Decathlon Day 1				
	9:00	M55	Decathlon	
	9:15	M50	Decathlon	
	12:15	M45	Decathlon	
	12:35	M40	Decathlon	
	13:45	M35	Decathlon	
Track				
	09:40	M35	400m hurdles	S
	09:50	M40	400m hurdles	S
	10:00	M45	400m hurdles	S
	10:15	M50	400m hurdles	S
	10:25	M55	400m hurdles	S
	10:35	W40	400m hurdles	S
	10:45	W45	400m hurdles	S
	11:00	M60	300m hurdles	S
	11:10	M65	300m hurdles	S
	11:20	W50	300m hurdles	S
	11:30	W55	300m hurdles	S
	11:40	M70	300m hurdles	S
	11:50	M75	300m hurdles	S
	12:00	M80	200m hurdles	S
	14:10	M85+	800m	F
	14:20	M80	800m	F
	14:30	W80+	800m	F
	14:40	M75	800m	F
	14:50	W75	800m	F
	15:00	M70	800m	F
	15:10	W70	800m	F
	15:20	M65	800m	F
	15:30	W65	800m	F
	15:40	M60	800m	F
	15:50	W60	800m	F
	16:00	M55	800m	F
	16:10	W55	800m	F
	16:20	M50	800m	F
	16:30	W50	800m	F
	16:40	M45	800m	F
	16:50	W45	800m	F
	17:00	M40	800m	F
	17:10	W40	800m	F
	17:20	M35	800m	F
	17:30	W35	800m	F
Field				
	9:30	M85+	Shot Put	F
	9:30	M80	Shot Put	F
	9:30	M75	Shot Put	F
	11:30	M70	Shot Put	F
	17:45	M60	Shot Put	F
	19:40	M65	Shot Put	F

**Timetable Tampereen Stadion (Ratina)**

<b>2.7.</b>				
<b>Track &amp; Field Decathlon Day 2</b>				
	9:00	M55	Decathlon	
	9:15	M50	Decathlon	
	10:50	M45	Decathlon	
	11:05	M40	Decathlon	
	13:35	M35	Decathlon	
<b>Track</b>				
	10:00	M70	200m	Q
	10:20	M65	200m	Q
	10:40	M60	200m	Q
	12:05	M55	200m	Q
	13:15	M50	200m	Q
	14:00	M45	200m	Q
	14:55	M40	200m	Q
	15:50	M35	200m	Q
	12:35	W55	200m	Q
	13:45	W50	200m	Q
	14:30	W45	200m	Q
	15:25	W40	200m	Q
<b>Field</b>				
	10:00	M85+	Long Jump	F
	10:00	W35	Shot Put	F
	10:00	M60	Long Jump	F
	11:30	W40	Shot Put	F
	11:30	M80	Long Jump	F
	11:30	M75	Long Jump	F
	13:00	W45	Shot Put	F
	13:30	M70	Long Jump	F
	14:30	W50	Shot Put	F
	15:30	M65	Long Jump	F

### Timetable Tampereen Stadion (Ratina)

3.7.				
Track				
	11:00	M85	200m	S
	11:10	M80	200m	S
	11:20	M75	200m	S
	11:35	W75	200m	S
	11:40	M70	200m	S
	11:55	W70	200m	S
	12:00	M65	200m	S
	12:15	W65	200m	S
	12:30	M60	200m	S
	12:45	W60	200m	S
	13:00	M55	200m	S
	13:15	W55	200m	S
	13:30	M50	200m	S
	13:45	W50	200m	S
	14:00	M45	200m	S
	14:15	W45	200m	S
	14:30	M40	200m	S
	14:45	W40	200m	S
	15:00	M35	200m	S
	15:15	W35	200m	S
	16:08	M90+	200m	F
	16:16	W80+	200m	F
	16:24	M85	200m	F
	16:32	M80	200m	F
	16:40	W75	200m	F
	16:45	M75	200m	F
	16:50	W70	200m	F
	16:55	M70	200m	F
	17:00	W65	200m	F
	17:05	M65	200m	F
	17:10	W60	200m	F
	17:15	M60	200m	F
	17:20	W55	200m	F
	17:25	M55	200m	F
	17:30	W50	200m	F
	17:35	M50	200m	F
	17:40	W45	200m	F
	17:45	M45	200m	F
	17:50	W40	200m	F
	17:55	M40	200m	F
	18:00	W35	200m	F
	18:05	M35	200m	F
Field				
	9:30	W80+	Javelin	F
	9:30	W65	Javelin	F
	11:00	W70	Javelin	F
	11:00	W75	Javelin	F
	11:20	M35	High Jump	F
	11:20	M40	High Jump	F
	13:00	W35-W45	Pole Vault	F
	13:00	W60	Javelin	F
	13:00	W50-W55-W60	Pole Vault	F
	13:40	M50	High Jump	F
	13:40	M45	High Jump	F
	15:00	M35	Discus	F
	16:00	M55	High Jump	F
	16:00	W65+	Pole Vault	F
	17:00	M40	Discus	F
	19:00	M45	Discus	F

## Timetable Tampereen Stadion (Ratina)

**4.7.**
**MEETING DAY, NO COMPETITIONS**
**5.7.**

Track				
	10:00	M35	Hurdles 400m	F
	10:05	M40	Hurdles 400m	F
	10:10	M45	Hurdles 400m	F
	10:20	M50	Hurdles 400m	F
	10:25	M55	Hurdles 400m	F
	10:35	W35	Hurdles 400m	F
	10:40	W40	Hurdles 400m	F
	10:45	W45	Hurdles 400m	F
	10:55	M60	Hurdles 300m	F
	11:00	M65	Hurdles 300m	F
	11:05	W50	Hurdles 300m	F
	11:10	W55	Hurdles 300m	F
	11:20	M70	Hurdles 300m	F
	11:25	M75	Hurdles 300m	F
	11:30	W60	Hurdles 300m	F
	11:35	W65	Hurdles 300m	F
	11:45	W70	Hurdles 200m	F
	11:50	W75	Hurdles 200m	F
	11:55	M80	Hurdles 200m	F
	12:00	W80+	Hurdles 200m	F
	12:05	M85+	Hurdles 200m	F
	12:30	M70	1500m	S
	12:50	M65	1500m	S
	13:10	M60	1500m	S
	13:25	M55	1500m	S
	13:55	M50	1500m	S
	14:15	M45	1500m	S
	14:55	M40	1500m	S
	15:15	M35	1500m	S
	15:30	W50	1500m	S
	16:00	M70	400m	Q
	16:20	M65	400m	Q
	16:40	M60	400m	Q
	17:00	M55	400m	Q
	17:20	M50	400m	Q
	17:40	M45	400m	Q
	17:50	W45	400m	Q
	18:10	M40	400m	Q
	18:30	M35	400m	Q
Field				
	10:00	W55	Long Jump	F
	10:00	W50	Long Jump	F
	10:00	W80+	Discus	F
	10:00	W65	Discus	F
	10:00	M50	Pole Vault	F
	10:00	M55	Pole Vault	F
	11:30	M80+	High Jump	F
	11:30	M75	High Jump	F
	11:30	W75	Discus	F
	11:30	W70	Discus	F
	12:00	W45	Long Jump	F
	12:00	W40	Long Jump	F
	13:00	M45	Pole Vault	F
	13:00	M40	Pole Vault	F
	13:00	W60	Discus	F
	13:30	M70	High Jump	F
	13:40	M65	High Jump	F
	14:00	W70	Long Jump	F
	14:00	W75+	Long Jump	F
	16:00	M60	High Jump	F
	16:00	W65	Long Jump	F
	16:00	W60	Long Jump	F
	15:00	M45	Javelin	F
	18:00	W35	Long Jump	F
	16:00	M35	Pole Vault	F
	17:00	M40	Javelin	F
	18:30	M35	Javelin	F

**Timetable Tampereen Stadion (Ratina)**

<b>6.7.</b>				
<b>Track</b>				
	<b>11:00</b>	<b>M50</b>	<b>Hurdles 100m</b>	<b>Q</b>
	11:50	M80	400m	S
	12:10	W75	400m	S
	12:20	M75	400m	S
	12:40	W70	400m	S
	12:50	M70	400m	S
	13:00	W65	400m	S
	13:15	M65	400m	S
	13:30	W60	400m	S
	13:50	M60	400m	S
	14:10	W55	400m	S
	14:30	M55	400m	S
	14:50	W50	400m	S
	15:15	M50	400m	S
	15:35	W45	400m	S
	15:50	M45	400m	S
	16:10	W40	400m	S
	16:30	M40	400m	S
	16:50	W35	400m	S
	17:05	M35	400m	S
<b>Field</b>				
	10:00	M75	Pole Vault	F
	10:00	M80+	Pole Vault	F
	11:00	M55 B	Long Jump	F
	11:00	M55 A	Long Jump	F
	11:00	W60	High Jump	F
	13:00	M50 B	Long Jump	Q-B-F
	13:00	M50 A	Long Jump	Q-A-F
	13:00	M70	Pole Vault	F
	13:00	M65	Pole Vault	F
	13:00	W50	High Jump	F
	13:00	W35	High Jump	F
	13:30	M50	Discus	F
	15:00	M45 B	Long Jump	Q-B-F
	15:00	M45 A	Long Jump	Q-A-F
	15:00	W55	High Jump	F
	15:30	M55	Discus	F
	16:00	W40-W45	High Jump	F
	16:00	M60	Pole Vault	F
	17:00	M40	Long Jump	F
	17:00	M35	Long Jump	F

**Timetable Tampereen Stadion (Ratina)**

<b>7.7.</b>				
<b>Track</b>				
	14:00	M85+	1500m	F
	14:15	M80	1500m	F
	14:30	M75	1500m	F
	14:45	W75+	1500m	F
	15:00	M70	1500m	F
	15:15	W70	1500m	F
	15:30	M65	1500m	F
	15:45	W65	1500m	F
	16:00	M60	1500m	F
	16:15	W60	1500m	F
	16:30	M55	1500m	F
	16:45	W55	1500m	F
	17:00	M50	1500m	F
	17:15	W50	1500m	F
	17:30	M45	1500m	F
	17:45	W45	1500m	F
	18:00	M40	1500m	F
	18:15	W40	1500m	F
	18:30	M35	1500m	F
	18:45	W35	1500m	F
<b>Field</b>				
	13:00	M55	Javelin	F
	13:00	W65-W70	High Jump	F
	14:00	M80+	Triple Jump	F
	15:00	M70	Discus	F
	15:30	M75	Triple Jump	F
	16:00	M50	Javelin	F
	16:00	W75+	High Jump	F
	17:00	M65	Discus	F
	17:30	M70	Triple Jump	F



**Timetable Tampereen Stadion (Ratina)**

<b>8.7.</b>				
<b>Track</b>				
	10:00	M35	110m Hurdles	S
	10:10	M40	110m Hurdles	S
	10:20	M45	110m Hurdles	S
	10:40	M50	100m Hurdles	S
	10:50	M55	100m Hurdles	S
	11:05	M60	100m Hurdles	S
	11:15	M65	100m Hurdles	S
	11:40	W40	80m Hurdles	S
	11:50	W45	80m Hurdles	S
	12:05	W50	80m Hurdles	S
	12:15	W55	80m Hurdles	S
	12:30	M70	80m Hurdles	S
	12:40	M75	80m Hurdles	S
	12:50	W60	80m Hurdles	S
	12:55	W65	80m Hurdles	S
	13:00	M80	80m Hurdles	S
	13:50	M90+	400m	F
	14:00	M85	400m	F
	14:10	M80	400m	F
	14:20	W80+	400m	F
	14:30	M75	400m	F
	14:38	W75	400m	F
	14:46	M70	400m	F
	14:54	W70	400m	F
	15:02	M65	400m	F
	15:10	W65	400m	F
	15:18	M60	400m	F
	15:26	W60	400m	F
	15:34	M55	400m	F
	15:42	W55	400m	F
	15:50	M50	400m	F
	15:58	W50	400m	F
	16:06	M45	400m	F
	16:14	W45	400m	F
	16:22	M40	400m	F
	16:30	W40	400m	F
	16:38	M35	400m	F
	16:46	W35	400m	F
	17:10	M75+	Steeplechase	F
	17:30	M70	Steeplechase	F
	17:50	M65	Steeplechase	F
	18:10	M60	Steeplechase	F-B
	18:30	M60	Steeplechase	F-A
	18:50	W70+	Steeplechase	F
	19:10	W55-W65	Steeplechase	F
	19:30	W50-W45	Steeplechase	F
	19:50	W35-W40	Steeplechase	F
<b>Field</b>				
	10:00	M80	Discus	F
	11:00	M85+	Discus	F
	12:00	M75	Discus	F
	13:30	M70	Javelin	F
	14:00	M35	Triple Jump	F
	14:00	W35	Triple Jump	F
	15:30	M40	Triple Jump	F
	15:30	W40	Triple Jump	F
	15:30	M65	Javelin	F
	17:00	M45	Triple Jump	F
	17:00	W45	Triple Jump	F
	17:30	M60	Javelin	F

### Timetable Tampereen Stadion (Ratina)

9.7.				
Track				
	10:00	M35	110m Hurdles	F
	10:06	M40	110m Hurdles	F
	10:12	M45	110m Hurdles	F
	10:24	M50	100m Hurdles	F
	10:30	M55	100m Hurdles	F
	10:42	W35	100m Hurdles	F
	10:52	M60	100m Hurdles	F
	11:00	M65	100m Hurdles	F
	11:15	W40	80m Hurdles	F
	11:21	W45	80m Hurdles	F
	11:32	W50	80m Hurdles	F
	11:38	W55	80m Hurdles	F
	11:44	M70	80m Hurdles	F
	11:50	M75	80m Hurdles	F
	12:05	W60	80m Hurdles	F
	12:11	W65	80m Hurdles	F
	12:17	W70	80m Hurdles	F
	12:23	W75+	80m Hurdles	F
	12:29	M80	80m Hurdles	F
	12:35	M85+	80m Hurdles	F
	13:00	M55	Steeplechase	F
	13:20	M50	Steeplechase	F
	13:40	M45	Steeplechase	F
	14:00	M40	Steeplechase	F
	14:20	M35	Steeplechase	F
	15:00	M80+	4x100m	F
		W80+	4x100m	F
		M75	4x100m	F
		W75	4x100m	F
		M70	4x100m	F
		W70	4x100m	F
		M65	4x100m	F
		W65	4x100m	F
		M60	4x100m	F
		W60	4x100m	F
		M55	4x100m	F
		W55	4x100m	F
		M50	4x100m	F
		W50	4x100m	F
		M45	4x100m	F
		W45	4x100m	F
		M40	4x100m	F
		W40	4x100m	F
		M35	4x100m	F
		W35	4x100m	F
Field				
	12:00	W70	Triple Jump	F
	12:00	W75+	Triple Jump	F
	12:00	M85+	Javelin	F
	12:00	M80	Javelin	F
	13:30	W60	Triple Jump	F
	13:30	W65	Triple Jump	F
	14:00	M75	Javelin	F
	15:00	W50	Triple Jump	F
	15:00	W55	Triple Jump	F
	16:30	M55	Triple Jump	F
	16:30	M50	Triple Jump	F

**Timetable Tampereen Stadion (Ratina)**

<b>10.7.</b>				
<b>Track</b>				
	10:00	M80+	4x400m	F
		M75	4x400m	F
		M70	4x400m	F
		W65+	4x400m	F
		M65	4x400m	F
		W60	4x400m	F
		M60	4x400m	F
		W55	4x400m	F
		M55	4x400m	F
		W50	4x400m	F
		M50	4x400m	F
		W45	4x400m	F
		M45	4x400m	F
		W40	4x400m	F
		M40	4x400m	F
		W35	4x400m	F
		M35	4x400m	F
<b>Field</b>				
	11:00	M65	Triple Jump	F
	11:00	M60	Triple Jump	F

**Closing Ceremony after the Relays**