



PROGRAMA-HORÁRIO

1ª Etapa – 12.10.2024 – Sábado – Manhã						
Confirmação	Entrada	Início	Prova	Naípe	Categoria	Fase
08:26	08:36	09:01	Martelo (3,0Kg)	M/F	Sub-14	Final
08:27	08:37	09:02	Distância	M	Sub-12	Final
08:30	08:40	09:05	Altura	F	Sub-14	Final
08:50	09:00	09:10	60m rasos	M	Sub-12	Triatlo 1
08:40	08:50	09:15	Peso (2,0Kg)	M	Sub-12	Triatlo 2
09:00	09:10	09:20	60m c/bar. (60cm)	M	Sub-12	Semi p/ T
09:40	09:50	10:00	60m c/bar. (60cm)	F	Sub-12	Semi p/ T
09:30	09:40	10:05	Pelota (250gr)	F	Sub-12	Final
09:40	09:50	10:15	Distância	M	Sub-12	Triatlo 3
10:00	10:10	10:20	60m c/bar. (60cm)	M	Sub-14	Semi p/ T
09:55	10:05	10:30	Altura	M	Sub-14	Final
10:20	10:30	10:40	60m c/bar. (60cm)	F	Sub-14	Semi p/ T
10:40	10:50	11:00	60m c/bar. (60cm)	M	Sub-12	Final
10:45	10:55	11:05	Pelota (250gr)	M	Sub-12	Final
10:50	11:00	11:10	60m c/bar. (60cm)	F	Sub-12	Final
10:40	10:50	11:15	Distância	F	Sub-12	Final
11:00	11:10	11:20	60m c/bar. (60cm)	M	Sub-14	Final
11:10	11:20	11:30	60m c/bar. (60cm)	F	Sub-14	Final
11:40	11:50	12:00	Rev. 4x60m	F	Sub-12	Final p/ T
11:50	12:00	12:10	Rev. 4x60m	M	Sub-12	Final p/ T

2ª Etapa – 12.10.2024 – Sábado – Tarde						
Confirmação	Entrada	Início	Prova	Naípe	Categoria	Fase
13:55	14:05	14:30	Vara	M	Sub-14	Final
14:11	14:21	14:31	60m c/bar. (60cm)	M	Sub-14	Tetratlo 1
13:57	14:07	14:32	Distância	F	Sub-14	Final
13:58	14:08	14:33	Disco (500gr)	M	Sub-12	Final
14:05	14:15	14:40	Peso (3,0Kg)	M	Sub-14	Tetratlo 2
14:30	14:40	14:50	60m c/bar. (60cm)	F	Sub-14	Tetratlo 1
14:50	15:00	15:10	60m rasos	F	Sub-12	Triatlo 1
14:45	14:55	15:20	Disco (500gr)	F	Sub-12	Final
15:10	15:20	15:30	150m rasos	M	Sub-12	Final p/ T



15:05	15:15	15:40	Distância	M	Sub-14	Final
15:30	15:40	15:50	150m rasos	M	Sub-14	Final p/ T
15:25	15:35	16:00	Peso (3,0Kg)	F	Sub-14	Tetratlo 2
15:50	16:00	16:10	150m rasos	F	Sub-12	Final p/ T
15:40	15:50	16:15	Peso (2,0Kg)	F	Sub-12	Triatlo 2
15:55	16:05	16:30	Disco (750gr)	F	Sub-14	Final
16:15	16:25	16:35	150m rasos	F	Sub-14	Final p/ T
16:30	16:40	16:50	600m rasos	M	Sub-12	Final p/ T
16:50	17:00	17:10	600m rasos	F	Sub-12	Final p/ T
16:35	16:45	17:10	Vara	F	Sub-14	Final
16:40	16:50	17:15	Distância	F	Sub-12	Triatlo 3
17:10	17:20	17:30	Rev. 4x60m	M	Sub-14	Final p/ T
17:00	17:10	17:35	Disco (750gr)	M	Sub-14	Final
17:30	17:40	17:50	Rev. 4x60m	F	Sub-14	Final p/ T

3ª Etapa – 13.10.2024 – Domingo – Manhã						
Confirmação	Entrada	Início	Prova	Naípe	Categoria	Fase
07:55	08:05	08:30	Peso (4,0Kg)	M	Sub-14	Final
08:00	08:10	08:35	Distância	M	Sub-14	Tetratlo 3
08:05	08:15	08:25	2.000m Marcha	M/F	Sub-14	Final
08:05	08:15	08:40	Dardo (500gr)	M	Sub-14	Final
08:30	08:40	08:50	800m Marcha	M/F	Sub-12	Final
08:50	09:00	09:10	800m rasos	M	Sub-14	Final p/ T
08:55	09:05	09:30	Peso (4,0Kg)	F	Sub-14	Final
09:00	09:10	09:35	Distância	F	Sub-14	Tetratlo 3
09:05	09:15	09:25	800m rasos	F	Sub-14	Final p/ T
09:15	09:25	09:50	Altura	M	Sub-12	Final
09:20	09:30	09:40	60m rasos	M	Sub-12	Semi p/ T
09:40	09:50	10:00	60m rasos	F	Sub-12	Semi p/ T
09:45	09:55	10:20	60m rasos	M	Sub-14	Semi p/ T
09:55	10:05	10:30	Peso (3,0Kg)	F	Sub-12	Final
10:00	10:10	10:35	Dardo (400gr)	F	Sub-14	Final
10:20	10:30	10:40	60m rasos	F	Sub-14	Semi p/ T
10:30	10:40	11:05	Altura	F	Sub-12	Final
10:40	10:50	11:00	60m rasos	M	Sub-12	Final
10:50	11:00	11:10	60m rasos	M	Sub-14	Final



11:00	11:10	11:20	60m rasos	F	Sub-12	Final
11:00	11:10	11:35	Peso (3,0Kg)	M	Sub-12	Final
11:10	11:20	11:30	60m rasos	F	Sub-14	Semi p/ T
11:25	11:35	11:45	800m rasos	F	Sub-14	Tetratlo 4
11:40	11:50	12:00	800m rasos	M	Sub-14	Tetratlo 4