

**MITING GWIAZD**  
**STADION MOSiR PŁOCK**  
**16 LIPIEC 2017 – PROGRAM MINUTOWY**

| <b>Godzina</b> | <b>Konkurencje</b> |              |            |         |           |        |
|----------------|--------------------|--------------|------------|---------|-----------|--------|
| 15/30          |                    | Skok w dal K |            |         | Oszczep M |        |
| 16/20          | 200m K             |              |            |         |           |        |
| 16/30          | 200m M             |              |            |         | Oszczep K |        |
| 17/00          | 100ppł K           |              | Trójskok M | Wzwyż M |           | Kula K |
| 17/25          | 110ppł M           |              |            |         | Dysk M    |        |
| 17/50          | 100K el.           |              |            |         |           |        |
| 18/00          | 100M el.           |              | Trójskok K |         |           |        |
| 18/10          | 400m K             |              |            |         |           |        |
| 18/20          | 400m M             |              |            | Wzwyż K |           | Kula M |
| 18/30          | 800m K             | Skok w dal M |            |         | Dysk K    |        |
| 18/40          | 800m M             |              |            |         |           |        |
| 18/50          | 1500K              |              |            |         |           |        |
| 19/00          | 1500m M            |              |            |         |           |        |
| 19/10          | 100ppł K F         |              |            |         |           |        |
| 19/30          | 110ppł M F         |              |            |         |           |        |
| 19/40          | 100K F             |              |            |         |           |        |
| 19/45          | 100M F             |              |            |         |           |        |
| 19/55          | 400ppł K F         |              |            |         |           |        |