

2023 NCCWMA CHAMPIONSHIPS - 11/09/23 to 11/12/23

Ciudad Juárez, Chihuahua, Mexico

Jueves/Thursday			
	10k en la carretera/Road Race		
08:00	W30-69		
08:00	M30-89		
	Track/Pista		Pentathlon
08:00	W60-89 5000 m Race Walk/Marcha	08:00	M60-79
09:05	W30-59 5000 m Race Walk/Marcha	09:00	M30-59
10:00	M70-84 5000 m Race Walk/Marcha	09:00	W35-69
11:00	M60-69 5000 m Race Walk/Marcha		
11:45	M40-59 5000 m Race Walk/Marcha		
12:30	W65 100 m Preliminares		Campos /Field
12:40	W50-79 800 m	08:00	M70-94 Shot Put/Bala
12:50	W30-49 800 m	08:00	W60-74 Hammer/Martillo
13:00	M70-84 800 m	09:30	M60-69 Shot Put/Bala
13:10	M65 800 m	09:30	W50-59 Hammer/Martillo
13:20	M60 800 m	11:00	W30-49 Hammer/Martillo
13:30	M45-59 800 m	11:30	M50-59 Shot Put/Bala
13:40	M30-44 800 m	13:15	M30-49 Shot Put/Bala
13:50	W70-84 100 m		
13:54	W65 100 m		
13:58	W60 100 m		
14:02	W55 100 m		
14:06	W50 100 m		
14:10	W40-49 100 m		
14:14	W35 100 m		
14:18	W30 100 m		
14:22	M80-89 100 m		
14:26	M75 100 m		
14:30	M70 100 m		
14:34	M65 100 m		
14:38	M60 100 m		
14:42	M55 100 m		
14:46	M50 100 m		
14:50	M45 100 m		
14:54	M40 100 m		
14:58	M30-39 100 m		

	Viernes/Friday		Sabado/Saturday
			10k Marcha en ruta/Road Race Walk
	Track/Pista	08:00	W30-99 10k Race Walk/Marcha RR
08:00	W55-74 5000 m	08:00	M30-99 10k Race Walk/Marcha RR
08:35	W30-54 5000 m		
09:10	M70-89 5000 m		Track/Pista
09:45	M55-69 5000 m	08:00	W30-84 2000 Steeplechase/Obstáculos
10:20	M30-54 5000 m	08:20	M60-84 2000 Steeplechase/Obstáculos
11:00	W50-69 80 Short Hurdles/Vallas	09:00	M30-59 3000 Steeplechase/Obstáculos
11:05	M70-79 80 Short Hurdles/Vallas	09:25	M40 200 m Preliminares
11:15	W40-49 80 Short Hurdles/Vallas	09:30	W70-79 400 m
11:25	M60-69 100 Short Hurdles/Vallas	09:35	W65 400 m
11:35	W30-39 100 Short Hurdles/Vallas	09:40	W60 400 m
11:45	M50-59 100 Short Hurdles/Vallas	09:45	W45-59 400 m
12:00	M30-49 110 Short Hurdles/Vallas	09:50	W40 400 m
		09:55	W35 400 m
		10:00	M70-89 400 m
	Campos /Field	10:10	M65 400 m
08:00	W55-79 Long Jump	10:15	M60 400 m
08:00	W60-84 Discus/Disco	10:20	M55 400 m
08:00	M70-94 Javelin/Jabalina	10:25	M50 400 m
09:30	M70-89 Long Jump	10:30	M45 400 m
09:30	M30-59 Hammer/Martillo	10:35	M40 400 m
09:30	M60-69 Javelin/Jabalina	10:40	M35 400 m
09:45	W50-59 Discus/Disco	10:45	M30 400 m
10:30	W30-54 Long Jump		
11:15	M50-59 Javelin/Jabalina		Campos /Field
11:30	W30-49 Discus/Disco	08:00	M70-94 Discus/Disco
11:30	M60-94 Hammer/Martillo	08:00	W75-84 Shot Put/Bala
12:00	M55-69 Long Jump	08:45	W60-74 Shot Put/Bala
13:00	W60-74 Weight Throw/Peso	09:00	W35 Pole Vault/Pértiga
13:00	M30-49 Javelin/Jabalina	09:00	M55-74 Pole Vault/Pértiga
13:45	M30-54 Long Jump	09:30	M60-69 Discus/Disco
14:15	W35-59 Weight Throw/Peso	10:30	W50-59 Shot Put/Bala
		10:45	M50-59 Discus/Disco
		11:00	W30-69 High Jump/Altura
		11:00	M60-84 Triple Jump/Salto
		11:00	W60-74 Javelin/Jabalina
		12:00	M30-59 Triple Jump/Salto
		12:00	M30-49 Discus/Disco
		12:00	W30-49 Shot Put/Bala
		12:15	W50-59 Javelin/Jabalina
		13:15	M60-94 Weight Throw/Peso
		13:30	W30-49 Javelin/Jabalina
		14:30	M30-59 Weight Throw/Peso

Domingo/Sunday

Campo Traviesta/Cross Country		Throws Penthalon de Lanzamient	
08:00	W70-99 6k	07:30	M60-94
08:00	M70-99 6k	08:05	M35-59
08:00	W30-69 8k	10:00	W60-74
08:00	M30-69 8k	10:45	W35-59
Track/Pista		Campos /Field	
08:00	W55-74 1500 m	08:30	W30-69 Triple Jump/Salto
08:15	W30-54 1500 m	10:00	M30-69 High Jump/Altura
08:30	M65-79 1500 m	12:00	M70-84 High Jump/Altura
08:45	M55-64 1500 m		
09:00	M30-54 1500 m		
09:30	W50-69 300 Long Hurdles/Vallas		
09:35	M60-74 300 Long Hurdles/Vallas		
09:45	W30-49 400 Long Hurdles/Vallas		
09:55	M50-59 400 Long Hurdles/Vallas		
10:05	M45 400 Long Hurdles/Vallas		
10:15	M30-44 400 Long Hurdles/Vallas		
10:30	W70-79 200 m		
10:35	W60-69 200 m		
10:40	W55 200 m		
10:45	W50 200 m		
10:50	W45 200 m		
10:55	W40 200 m		
11:00	W35 200 m		
11:05	W30 200 m		
11:10	M75-84 200 m		
11:15	M70 200 m		
11:20	M65 200 m		
11:25	M60 200 m		
11:30	M55 200 m		
11:35	M50 200 m		
11:40	M45 200 m		
11:45	M40 200 m		
11:50	M30-39 200 m		
12:30	W30-89 4x100 m Relay/Relevos		
12:45	M30-94 4x100 m Relay/Relevos		
13:15	W30-89 4x400 m Relay/Relevos		
13:30	M30-94 4x400 m Relay/Relevos		