



POLSKI  
KOMITET  
PARALIMPIJSKI



## 51th Polish Para Athletics Championships, Szczecin Competition schedule draft

### Friday, 30.06.2023

|       | Track                        | Jumps                               | Cage                | Seated throws | Standing throws              |       |
|-------|------------------------------|-------------------------------------|---------------------|---------------|------------------------------|-------|
| 11:00 |                              |                                     | discus M F55        | shot K F52-57 |                              | 11:00 |
| 11:40 |                              |                                     |                     |               | shot M F11-13/20             | 11:40 |
| 12:20 |                              |                                     |                     | shot K F32-34 |                              | 12:20 |
| 13:20 |                              |                                     | club K F31-32/51    |               |                              | 13:20 |
| 14:00 |                              |                                     | club M F31-32/51    |               |                              | 14:00 |
| 14:45 | <b>Opening ceremony</b>      |                                     |                     |               |                              | 14:45 |
| 15:00 |                              |                                     |                     | shot M F34    | shot K F11-13/20/40-46/61-64 | 15:00 |
| 15:10 | 400m K 11-13/20/37-38/45-47  |                                     |                     |               |                              | 15:10 |
| 15:20 | 400m M T11-13/20/42-47/61-64 |                                     | dysk K F32-34/52-57 |               |                              | 15:20 |
| 15:30 | 400m M T35-38                |                                     |                     |               |                              | 15:30 |
| 15:40 | 400m M T32-34/51-54          |                                     |                     |               |                              | 15:40 |
| 15:50 | 400m M T71-72                | w dal K T11-13/20/36-38/42-47/61-64 |                     |               |                              | 15:50 |
| 16:00 | 400m K T71-72                |                                     |                     |               | shot M F42-46, F61-64        | 16:00 |
| 16:15 |                              |                                     |                     |               |                              | 16:15 |
| 16:50 |                              | w dal M T11-13/20/36-38/42-47/61-64 |                     |               |                              | 16:50 |
| 17:15 |                              |                                     | discus K F35-38     |               |                              | 17:15 |
| 17:30 |                              |                                     |                     | shot M F33    |                              | 17:30 |

### Saturday, 1.07.2023

|       | Track                           | Jumps / seated throws    | Discus                            | Seated throws    | Standing throws        |       |
|-------|---------------------------------|--------------------------|-----------------------------------|------------------|------------------------|-------|
| 10:00 |                                 |                          | discus M F11-13/38/40-44/46/61-64 | javelin M F33-34 |                        | 10:00 |
| 11:30 |                                 | javelin M F52-57         | discus K F11-13/35-38/40-46/61-64 |                  | javelin M F37 M        | 11:30 |
| 15:00 | 100m K T11-13/42-47/61-64       |                          | discus M F51-54                   | shot M F54-55    | javelin M F35-36/40-41 | 15:00 |
| 15:06 | 100m K T35-36                   |                          |                                   |                  |                        | 15:06 |
| 15:12 | 100m K T37-38                   |                          |                                   |                  |                        | 15:12 |
| 15:20 | 100m K T71-72                   |                          |                                   |                  |                        | 15:20 |
| 15:26 | 100m M T11-13                   |                          |                                   |                  |                        | 15:26 |
| 15:32 | 100m M T42-47/61-64             |                          |                                   |                  |                        | 15:32 |
| 15:38 | 100m M T35-36/38                |                          |                                   |                  |                        | 15:38 |
| 15:44 | 100m M T37                      |                          |                                   |                  |                        | 15:44 |
| 15:50 | 100m M T32-34/51-54             |                          |                                   |                  |                        | 15:50 |
| 16:00 | 100m M T71-72                   | high jump M T42-47/63-64 | discus M F56-57                   |                  |                        | 16:00 |
| 16:20 |                                 |                          |                                   |                  | shot M F37-38          | 16:20 |
| 16:40 | 800m M T11-13/37-38/45-46       |                          |                                   |                  |                        | 16:40 |
| 17:00 | 1500m K T11-13/20               |                          |                                   |                  |                        | 17:00 |
| 17:10 | 1500m M T11-13/T20/37-38/ 45-46 |                          |                                   |                  |                        | 17:10 |
| 17:20 |                                 |                          | discus M F32-33                   |                  |                        | 17:20 |
| 17:30 | 4 x 100 Mix                     |                          |                                   |                  |                        | 17:30 |

### Sunday, 2.07.2023

|       | Track                     | Discus            | Seated throws    | Throws                 | Standing throws                    |       |
|-------|---------------------------|-------------------|------------------|------------------------|------------------------------------|-------|
| 09:30 |                           | discus M F34      | shot M F32/52-53 | javelin K F33-34/52-57 | shot M F35-36/40-41                | 9:30  |
| 10:30 | 5000m M T11-13            |                   |                  |                        |                                    | 10:30 |
| 10:40 |                           |                   |                  |                        |                                    | 10:40 |
| 10:50 |                           |                   |                  |                        | javelin K F11-13/35-38/40-46/61-64 | 10:50 |
| 11:00 | 200m K T11-13/42-47/61-64 |                   |                  | shot K F35-38          |                                    | 11:00 |
| 11:10 | 200m K T35-38             |                   |                  |                        |                                    | 11:10 |
| 11:20 | 200m M T11-13/42-47/61-64 |                   | shot M F56-57    |                        |                                    | 11:20 |
| 11:30 | 200m M T35-38             | discus M F35-37 M |                  |                        |                                    | 11:30 |
| 11:40 | 200m M T32-34/51-54       |                   |                  |                        |                                    | 11:40 |
| 11:50 | 200m K T32-34/51-54       |                   |                  |                        |                                    | 11:50 |
| 12:00 | 200m M T71-72             |                   |                  |                        | javelin M F11-13/38/42-46/61-64    | 12:00 |
| 12:10 | 200m K T71-72             |                   |                  |                        |                                    | 12:10 |