

HORARI CAMBRA DE REQUERIMENTS OPEN CATALUNYA – CNAT.CATALUNYA ABSOLUT

Dissabte, 10 de juny de 2006 ESTADI OLÍMPIC

| Prova | Cambrada de Requeriments | Sortida Pista | Hora Prova |
|---------------------|--------------------------|---------------|------------|
| Triple F | 10.00 – 10.05 | 10.10 | 10.30 |
| 3000 obs F Final | 10.15 – 10.20 | 10.25 | 10.30 |
| 400 m.t. F 1a. s/f | 10.38 – 10.43 | 10.48 | 10.55 |
| 2a s/f | 10.45 – 10.50 | 10.55 | 11.02 |
| 400 m.t. M 1a. s/f | 10.52 – 10.57 | 11.02 | 11.10 |
| 2a. s/f | 11.00 – 11.05 | 11.10 | 11.17 |
| Alçada F | 11.00 – 11.05 | 11.10 | 11.35 |
| 100 m.ll. F 1a. s/f | 11.10 – 11.15 | 11.20 | 11.25 |
| 2a s/f | 11.15 – 11.20 | 11.25 | 11.30 |
| 100 m.ll. M 1a. s/f | 11.20 – 11.25 | 11.30 | 11.35 |
| 2a. s/f | 11.25 – 11.30 | 11.35 | 11.40 |
| Llargada M | 11.30 – 11.35 | 11.40 | 12.00 |
| 400 m.ll. F 1a. s/f | 11.35 – 11.40 | 11.45 | 11.50 |
| 2a. s/f | 11.40 – 11.45 | 11.50 | 11.55 |
| 400 m.ll. M 1a. s/f | 11.45 – 11.50 | 11.55 | 12.00 |
| 2a. s/f | 11.50 – 11.55 | 12.00 | 12.05 |
| 100 m.t. F 1a. s/f | 11.58 – 12.03 | 12.08 | 12.15 |
| 2a. s/f | 12.05 – 12.10 | 12.15 | 12.22 |
| 110 m.t. M 1a. s/f | 12.13 – 12.18 | 12.23 | 12.30 |
| 2a. s/f | 12.20 – 12.25 | 12.30 | 12.37 |
| 200 m.ll. F 1a. s/f | 12.30 – 12.35 | 12.40 | 12.45 |
| 2a. s/f | 12.35 – 12.40 | 12.45 | 12.50 |
| 200 m.ll. M 1a. s/f | 12.40 – 12.45 | 12.50 | 12.55 |
| 2a. s/f | 12.45 – 12.50 | 12.55 | 13.00 |
| PerxaM | 18.15 – 18.20 | 18.25 | 19.15 |
| Perxa F | 18.15 – 18.20 | 18.25 | 19.15 |
| Llargada F | 18.30 – 18.35 | 18.40 | 19.00 |
| Javelina M | 18.30 – 18.35 | 18.40 | 19.00 |
| Pes F | 18.45 – 18.50 | 18.55 | 19.15 |
| 400 m.ll. F Final | 18.45 – 18.50 | 18.55 | 19.00 |
| 400 m.ll. M Final | 18.50 – 18.55 | 19.00 | 19.05 |
| Alçada M | 18.50 – 18.55 | 19.00 | 19.30 |
| 100 m.ll. F Final | 19.00 – 19.05 | 19.10 | 19.15 |
| 100 m.ll. M Final | 19.05 – 19.10 | 19.15 | 19.20 |
| 400 m.t. F Final | 19.12 – 19.17 | 19.22 | 19.30 |
| 400 m.t. M Final | 19.22 – 19.27 | 19.32 | 19.40 |
| 800 m.ll. F Final | 19.35 – 19.40 | 19.45 | 19.50 |
| 800 m.ll. M Final | 19.40 – 19.45 | 19.50 | 19.55 |
| 100 m.t. F Final | 19.47 – 19.52 | 19.57 | 20.05 |
| 110 m.t. M Final | 19.57 – 20.02 | 20.07 | 20.15 |
| Triple M | 20.05 – 20.10 | 20.15 | 20.35 |
| Javelina F | 20.05 – 20.10 | 20.15 | 20.35 |
| 1500 m.ll. F Final | 20.10 – 20.15 | 20.20 | 20.25 |
| Pes M | 20.15 – 20.20 | 20.25 | 20.45 |
| 1500 m.ll. M Final | 20.20 – 20.25 | 20.30 | 20.35 |
| 5000 m.ll. M Final | 20.28 – 20.33 | 20.38 | 20.45 |
| 5 km. marxa M Final | 20.30 – 20.35 | 20.40 | 20.45 |
| 5000 m.ll. F Final | 20.50 – 20.55 | 21.00 | 21.05 |
| 5 km.marxa F Final | 20.55 – 21.00 | 21.05 | 21.10 |
| 3000 obs M Final | 21.15 – 21.20 | 21.25 | 21.30 |
| 200 m.ll. F Final | 21.30 – 21.35 | 21.40 | 21.45 |
| 200 m.ll. M Final | 21.35 – 21.40 | 21.45 | 21.50 |

ESTADI JOAN SERRAHIMA

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| Disc F | 11.05 – 11.10 | 11.15 | 11.35 |
| Disc M | 12.30 – 12.35 | 12.40 | 13.00 |
| Martell M | 15.30 – 15.35 | 15.40 | 16.00 |
| Martell F | 17.00 – 17.05 | 17.10 | 17.30 |