



CAMPEONATO REGIONAL ABSOLUTO - INDIVIDUAL

QUARTA, 1/JULHO/2009 – RIBEIRA BRAVA (3ª JORNADA) - RECTIFICADO

Hora	PROVA	Sexo	Inf	Inic	Juv	Jun	Sen	Obs
	DISCO	M			✓	✓	✓	2 kg
19h45	QUÁDRUPLO	M		Extra				Tábua: 11m
	80 M BARR.	F		Extra				8b-12,00+8,00/0,76m
19h55	100 M BARR.	M		Extra				10b-13,00+8,50/0,84m
20h00	VARA	M			✓	✓	✓	2,70 (+20) → 3,90 (+15) → 4,35 (+10cm)
20h05	100 M BARR.	F			✓	✓	✓	10b-13,00+8,50/0,84m – Eliminatórias
20h20	110 M BARR.	M			✓	✓	✓	10b-13,72+9,14/1,067m – Eliminatórias
20h35	5.000 M	F				✓	✓	
20h40	ALTURA	M			✓	✓	✓	1,52 (+5) → 1,72 (+4) → 1,84 (+3cm)
20h50	TRIPL0	F			✓	✓	✓	Tábua: 9m
	DISCO	F			✓	✓	✓	1 kg
21h00	100 M BARR.	F			✓	✓	✓	10b-13,00+8,50/0,84m – FINAL
21h10	110 M BARR.	M			✓	✓	✓	10b-13,72+9,14/1,067m – FINAL
21h20	5.000 M	M				✓	✓	
21h45	400 M BARR.	M			Extra	Extra	Extra	10b-45+35/0,91m
21h55	400 M	F			✓	✓	✓	
22h00	400 M	M			✓	✓	✓	