

**76. PZLA Mistrzostwa Polski U20
Radom, 7-9.07.2022 r.**

Projekt programu: Wersja 5.1 (na dzień 06.07.2022)

Dzień 1 (Czwartek, 07.07.2022)

| Godzina | Biegi | Skok w dal | Skok o tyczce | Skok wzwyż | Kula | Rzuty długie | Dekoracje | Godzina |
|--------------|--|--------------------|---------------|--------------------------|------------------------|---------------------|---------------------|--------------|
| 10:00 | | Skok w dal K gr. A | | | | | | 10:00 |
| 11:10 | | | | | Pchnięcie kulą M gr. A | | | 11:10 |
| 11:15 | | Skok w dal M gr. A | | | Pchnięcie kulą M gr. B | | | 11:15 |
| 12:20 | 400p K 1 | | | | | | | 12:20 |
| 12:27 | 400p K 2 | | | | | | | 12:27 |
| 12:34 | 400p K 3 | | | | | | | 12:34 |
| 12:50 | 400p M 1 | | | | | | | 12:50 |
| 12:57 | 400p M 2 | | | | | | | 12:57 |
| 13:00 | | | | Skok wzwyż K gr. A, gr B | | | | 13:00 |
| 13:04 | 400p M 3 | | | | | | | 13:04 |
| 13:30 | | | | | | | | 13:30 |
| 14:40 | | | | | | Rzut młotem K gr. A | | 14:40 |
| 15:00 | CEREMONIA OTWARCIA PZLA 76. MISTRZOSTW POLSKI U20, RADOM 2022 | | | | | | | 15:00 |
| 15:20 | 100 K 1 | | | | | | | 15:20 |
| 15:25 | | Skok w dal K Finał | | | | | | 15:25 |
| 15:26 | 100 K 2 | | | | | | | 15:26 |
| 15:32 | 100 K 3 | | | | | | | 15:32 |
| 15:38 | 100 K 4 | | | | | | | 15:38 |
| 15:45 | | | | | | Rzut młotem K gr. B | | 15:45 |
| 15:50 | 100 M 1 | | | | | | | 15:50 |
| 15:56 | 100 M 2 | | | | | | | 15:56 |
| 16:02 | 100 M 3 | | | | | | | 16:02 |
| 16:08 | 100 M 4 | | | | | | | 16:08 |
| 16:20 | 400 K 1 | | | | | | | 16:20 |
| 16:26 | 400 K 2 | | | | | | | 16:26 |
| 16:32 | 400 K 3 | | | | | | | 16:32 |
| 16:38 | 400 K 4 | | | | | | | 16:38 |
| 16:45 | 400 M 1 | | | | | | | 16:45 |
| 16:52 | 400 M 2 | | | | | | | 16:52 |
| 16:58 | 400 M 3 | | | | | | | 16:58 |
| 17:05 | | | | | Pchnięcie kulą K FINAŁ | | | 17:05 |
| 17:10 | 100 K FB | | | | | | | 17:10 |
| 17:15 | 100 K FA | | | | | | | 17:15 |
| 17:20 | | Skok w dal M Finał | | | | | | 17:20 |
| 17:25 | 100 M FB | | | | | | | 17:25 |
| 17:30 | | | | | | | Skok w dal K CD | 17:30 |
| 17:35 | 100 M FA | | | | | | | 17:35 |
| 17:50 | 800 K 1 | | | | | | | 17:50 |
| 17:56 | 800 K 2 | | | | | | | 17:56 |
| 18:02 | 800 K 3 | | | | | | | 18:02 |
| 18:05 | | | | | | | 100 K CD | 18:05 |
| 18:10 | 800 M 1 | | | | | | | 18:10 |
| 18:16 | 800 M 2 | | | | | | | 18:16 |
| 18:20 | | | | | | | 100 M CD | 18:20 |
| 18:22 | 800 M 3 | | | | | | | 18:22 |
| 18:25 | | | | | Pchnięcie kulą M FINAŁ | | | 18:25 |
| 18:30 | 3000 K | | | | | | | 18:30 |
| 18:35 | | | | | | | Pchnięcie kulą K CD | 18:35 |
| 18:40 | 3000 M | | | | | | | 18:40 |
| 18:50 | | | | | | | Skok w dal M CD | 18:50 |
| 19:00 | | | | | | | 3000 K CD | 19:00 |
| 19:10 | | | | | | | 3000 M CD | 19:10 |
| 19:50 | | | | | | | Pchnięcie kulą M CD | 19:50 |



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Dzień 2 (Piątek, 08.07.2022)

| Godzina | Biegi | Trójskok | Skok o tyczce | Skok wzwyż | Rzut oszczepem | Rzut dyskiem/młotem | Dekoracje | Godzina |
|---------|------------|------------------|-----------------------|--------------------|------------------------|----------------------|---------------------|---------|
| 09:00 | 10 000ch M | | | | | | | 09:00 |
| 09:45 | | Trójskok K gr. A | | | | | | 09:45 |
| 10:00 | | | | | | Rzut dyskiem K gr. A | | 10:00 |
| 10:10 | 10 000ch K | | | | | | | 10:10 |
| 11:00 | | Trójskok M gr. A | | | | Rzut dyskiem K gr. B | | 11:00 |
| 11:15 | | | | | | | | 11:15 |
| 11:20 | | | | | | | 10 000ch M CD | 11:20 |
| 11:25 | 200 K 1 | | | | | | | 11:25 |
| 11:31 | 200 K 2 | | | | | | | 11:31 |
| 11:37 | 200 K 3 | | | | | | | 11:37 |
| 11:40 | | | | | | | 10 000ch K CD | 11:40 |
| 11:43 | 200 K 4 | | | | | | | 11:43 |
| 11:50 | 200 M 4 | | | | | | | 11:50 |
| 11:56 | 200 M 4 | | | | | | | 11:56 |
| 12:00 | | | | | | Rzut dyskiem M gr. A | | 12:00 |
| 12:02 | 200 M 4 | | | | | | | 12:02 |
| 12:08 | 200 M 4 | | | | | | | 12:08 |
| 12:20 | 100 M PK | | | | | | | 12:20 |
| 13:00 | | | | | | Rzut dyskiem M gr. B | | 13:00 |
| 14:30 | | | | | | Rzut młotem M gr. A | | 14:30 |
| 14:45 | | | Skok o tyczce K FINAŁ | | | | | 14:45 |
| 15:00 | 400p K FB | | | | | | | 15:00 |
| 15:05 | | | | | Rzut oszczepem K FINAŁ | | | 15:05 |
| 15:10 | 400p K FA | | | | | | | 15:10 |
| 15:30 | 400p M FB | | | | | | | 15:30 |
| 15:35 | | | | | | Rzut młotem M gr. B | | 15:35 |
| 15:40 | 400p M FA | | | | | | | 15:40 |
| 16:00 | | | | Skok wzwyż K FINAŁ | | | | 16:00 |
| 16:05 | | | | | | | 400p K CD | 16:05 |
| 16:10 | 800 K F | | | | | | | 16:10 |
| 16:15 | | | | | | | 400p M CD | 16:15 |
| 16:20 | 800 M F | | | | | | | 16:20 |
| 16:45 | | | | | | | 800 K CD | 16:45 |
| 16:55 | | | | | | | 800 M CD | 16:55 |
| 17:00 | 400 K FB | | | | | | | 17:00 |
| 17:05 | | | | | Rzut oszczepem M FINAŁ | | | 17:05 |
| 17:10 | 400 K FA | | | | | | | 17:10 |
| 17:15 | | | | | | Rzut młotem K FINAŁ | | 17:15 |
| 17:20 | 400 M FB | | | | | | | 17:20 |
| 17:25 | | | | | | | Rzut oszczepem K CD | 17:25 |
| 17:30 | 400 M FA | | | | | | | 17:30 |
| 17:35 | | | | | | | Skok o tyczce K CD | 17:35 |
| 17:40 | 2000p K | | | | | | | 17:40 |
| 17:55 | 2000p M | | | | | | | 17:55 |
| 18:10 | 4x100 K | | | | | | | 18:10 |
| 18:20 | 4x100 M 1 | | | | | | | 18:20 |
| 18:30 | 4x100 M 2 | | | | | | | 18:30 |
| 18:35 | | | | | | | Skok wzwyż K CD | 18:35 |
| 18:40 | | | | | | | 400 K CD | 18:40 |
| 18:45 | | | | | | | 400 M CD | 18:45 |
| 18:50 | | | | | | | Rzut młotem K CD | 18:50 |
| 18:55 | | | | | | | Rzut oszczepem M CD | 18:55 |
| 19:00 | | | | | | | 2000p K CD | 19:00 |
| 19:05 | | | | | | | 2000p M CD | 19:05 |
| 19:10 | | | | | | | 4x100 K CD | 19:10 |
| 19:15 | | | | | | | 4x100 M CD | 19:15 |



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Dzień 3 (Sobota, 09.07.2022)

| Godzina | Biegi | Trójskok | Skok o tyczce | Skok wzwyż | Rzut dyskiem Rzut dyskiem K Finał | Rzut młotem | Dekoracje | Godzina |
|---------|-----------|------------------|-----------------|--------------------|--------------------------------------|---------------------|--------------------|---------|
| 11:00 | | | | | | | | 11:00 |
| 11:10 | 100p K 1 | | | | | | | 11:10 |
| 11:16 | 100p K 2 | | | | | | | 11:16 |
| 11:22 | 100p K 3 | | | | | | | 11:22 |
| 11:35 | 110p M 1 | | | | | | | 11:35 |
| 11:41 | 110p M 2 | | | | | | | 11:41 |
| 11:45 | | | Skok o tyczce M | | | | | 11:45 |
| 11:47 | 110p M 3 | | | | | | | 11:47 |
| 11:50 | | Trójskok M Finał | | | | | | 11:50 |
| 11:53 | 110p M 4 | | | | | | | 11:53 |
| 12:20 | 100p K FB | | | | | | | 12:20 |
| 12:30 | 100p K FA | | | | | | | 12:30 |
| 12:40 | 110p M FB | | | | | | | 12:40 |
| 12:50 | 110p M FA | | | | | | | 12:50 |
| 12:55 | | | | | | | Rzut dyskiem K CD | 12:55 |
| 13:00 | | | | | Rzut dyskiem M Finał | | | 13:00 |
| 13:05 | 200 K FB | | | | | | | 13:05 |
| 13:10 | | | | | | | 100p K CD | 13:10 |
| 13:15 | 200 M FB | | | | | | | 13:15 |
| 13:25 | | | | | | | 110p M CD | 13:25 |
| 13:30 | 200 K FA | | | | | | | 13:30 |
| 13:35 | | | | | | | Trójskok M CD | 13:35 |
| 13:40 | 200 M FA | | | | | | | 13:40 |
| 13:50 | | Trójskok K Finał | | | | | | 13:50 |
| 14:05 | | | | | | | 200 K CD | 14:05 |
| 14:15 | | | | Skok wzwyż M Finał | | | 200 M CD | 14:15 |
| 14:20 | | | | | | | | 14:20 |
| 14:25 | 1500 K 1 | | | | | | Skok o tyczce M CD | 14:25 |
| 14:40 | | | | | | | | 14:40 |
| 14:35 | 1500 K 2 | | | | | | | 14:35 |
| 14:45 | | | | | | Rzut młotem M Finał | | 14:45 |
| 14:50 | 1500 M 1 | | | | | | | 14:50 |
| 14:55 | | | | | | | Rzut dyskiem M CD | 14:55 |
| 15:00 | 1500 M 2 | | | | | | | 15:00 |
| 15:05 | | | | | | | 1500 K CD | 15:05 |
| 15:20 | | | | | | | Trójskok K CD | 15:20 |
| 15:25 | | | | | | | 1500 M CD | 15:25 |
| 15:30 | | | | | | | | 15:30 |
| 15:45 | 4x400 K | | | | | | | 15:45 |
| 16:00 | 4x400 M | | | | | | | 16:00 |
| 16:20 | | | | | | | 4x400 K CD | 16:20 |
| 16:25 | | | | | | | Skok wzwyż M CD | 16:25 |
| 16:30 | | | | | | | Rzut młotem M CD | 16:30 |
| 16:35 | | | | | | | 4x400 M CD | 16:35 |

ZMIANY W PROGRAMIE MINUTOWYM W ODNIESIENIU DO WERSJI 5.0

1. Zmiana godzin rozpoczęcia pchnięcie kulą M eliminacje, skok w dal K i M - grupa B (eliminacje)



TVP SPORT



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