

# 99. PZLA MISTRZOSTWA POLSKI

## Gorzów Wielkopolski, 27-29.07.2023 r.

TVP Sport: 16:00-20:15

Wersja 6.2, 24.07.2023 r.

Dzień 1 (czwartek)

27.07.2023 r.

Sesja 1

| Godzina | Biegi  | Trójskok   | Skok o tyczce | Rzut młotem | Rzut dyskiem   | Pchnięcie kulą             | Dekoracje           | Godzina |
|---------|--|------------|---------------|-------------|----------------|----------------------------|---------------------|---------|
| 14:20   |  |            |               |             |                | Pchnięcie kulą K+M<br>Para |                     | 14:20   |
| 15:00   | 100 M pre  |            |               |             |                |                            |                     | 15:00   |
| 15:20   | 100 K pre  |            |               |             |                |                            |                     | 15:20   |
| 16:00   | <b>CEREMONIA OTWARCIA 99. PZLA MISTRZOSTW POLSKI</b> |            |               |             |                |                            |                     |         |
| 16:15   |  | Trójskok M |               |             |                |                            |                     | 16:15   |
| 16:20   |  |            |               |             |                | Pchnięcie kulą K           |                     | 16:20   |
| 16:22   | 400p K 1   |            |               |             |                |                            |                     | 16:22   |
| 16:28   | 400p K 2   |            |               |             |                |                            |                     | 16:28   |
| 16:34   | 400p K 3   |            |               |             |                |                            |                     | 16:34   |
| 16:48   | 100 M 1  |            |               |             |                |                            |                     | 16:48   |
| 16:50   |  |            |               |             | Rzut dyskiem M |                            |                     | 16:50   |
| 16:54   | 100 M 2  |            |               |             |                |                            |                     | 16:54   |
| 17:00   | 100 M 3  |            |               |             |                |                            |                     | 17:00   |
| 17:15   | 400p M 1   |            |               |             |                |                            |                     | 17:15   |
| 17:21   | 400p M 2   |            |               |             |                |                            |                     | 17:21   |
| 17:27   | 400p M 3   |            |               |             |                |                            |                     | 17:27   |
| 17:45   |  |            |               |             |                |                            | Pchnięcie kulą K CD | 17:45   |
| 17:50   |  |            |               |             |                |                            | Trójskok M CD       | 17:50   |
| 17:52   | 100 M FINAŁ  |            |               |             |                |                            |                     | 17:52   |
| 18:06   | 400 K 1  |            |               |             |                |                            |                     | 18:06   |
| 18:10   |  | Trójskok K |               |             |                |                            |                     | 18:10   |
| 18:12   | 400 K 2  |            |               |             |                |                            |                     | 18:12   |
| 18:18   | 400 K 3  |            |               |             |                |                            |                     | 18:18   |
| 18:21   |  |            |               |             |                |                            | Rzut dyskiem M CD   | 18:21   |
| 18:29   | 400 M 1  |            |               |             |                |                            |                     | 18:29   |
| 18:30   |  |            |               |             |                |                            | 100 M CD            | 18:30   |
| 18:35   | 400 M 2  |            |               |             |                |                            |                     | 18:35   |
| 18:36   |  |            |               |             |                |                            |                     | 18:36   |
| 18:40   |  |            |               |             | Rzut dyskiem K | Pchnięcie kulą M           |                     | 18:40   |
| 18:41   | 400 M 3  |            |               |             |                |                            |                     | 18:41   |
| 18:55   | 100 K 1  |            |               |             |                |                            |                     | 18:55   |
| 19:01   | 100 K 2  |            |               |             |                |                            |                     | 19:01   |
| 19:07   | 100 K 3  |            |               |             |                |                            |                     | 19:07   |
| 19:20   | 1500 M   |            |               |             |                |                            |                     | 19:20   |
| 19:28   | 1500 K   |            |               |             |                |                            |                     | 19:28   |
| 19:40   | 3000p K  |            |               |             |                |                            |                     | 19:40   |
| 19:45   |  |            |               |             |                |                            | 1500 M CD           | 19:45   |
| 19:55   | 3000p M  |            |               |             |                |                            |                     | 19:55   |
| 19:59   |  |            |               |             |                |                            | 1500 K CD           | 19:59   |
| 20:10   | 100 K FINAŁ  |            |               |             |                |                            |                     | 20:10   |
| 20:10   |  |            |               |             |                |                            | Trójskok K CD       | 20:10   |
| 20:15   |  |            |               |             |                |                            | Pchnięcie kulą M CD | 20:15   |
| 20:20   |  |            |               |             |                |                            | Rzut dyskiem K CD   | 20:20   |
| 20:25   |  |            |               |             |                |                            | 3000p K CD          | 20:25   |
| 20:30   |  |            |               |             |                |                            | 3000p M CD          | 20:30   |
| 20:35   |  |            |               |             |                |                            | 100 K CD            | 20:35   |

Dzień 2 (piątek)

28.07.2023 r.

Sesja 2

| Godzina | Biegi      |  |  |  |  | Dekoracje | Godzina |
|---------|------------|--|--|--|--|-----------|---------|
| 08:30   | 10 000ch M |  |  |  |  |           | 08:30   |
| 09:45   | 5 000ch K  |  |  |  |  |           | 09:45   |
| 11:15   | 200 M 1    |  |  |  |  |           | 11:15   |
| 11:21   | 200 M 2    |  |  |  |  |           | 11:21   |
| 11:27   | 200 M 3    |  |  |  |  |           | 11:27   |
| 11:40   | 200 K 1    |  |  |  |  |           | 11:40   |
| 11:46   | 200 K 2    |  |  |  |  |           | 11:46   |
| 11:52   | 200 K 3    |  |  |  |  |           | 11:52   |

TVP Sport: 16:05-20:30

Dzień 2 (piątek)

28.07.2023 r.

Sesja 3

| Godzina | Biegi        | Skok w dal | Skok o tyczce   | Skok wzwyż   | Rzut młotem   | Dekoracje       | Godzina |
|---------|--------------|------------|-----------------|--------------|---------------|-----------------|---------|
| 16:00   |              |            |                 |              |               | 10 000ch M CD   | 16:00   |
| 16:10   |              |            |                 |              |               | 5 000ch K CD    | 16:10   |
| 16:20   |              |            |                 | Skok wzwyż K |               |                 | 16:20   |
| 16:35   |              |            | Skok o tyczce M |              |               |                 | 16:35   |
| 17:00   |              |            |                 |              | Rzut młotem K |                 | 17:00   |
| 17:10   | 4x100 K 1    |            |                 |              |               |                 | 17:10   |
| 17:19   | 4x100 K 2    |            |                 |              |               |                 | 17:19   |
| 17:50   | 4x100 M 1    |            |                 |              |               |                 | 17:50   |
| 17:59   | 4x100 M 2    |            |                 |              |               |                 | 17:59   |
| 18:10   |              |            |                 |              |               | 4x100 K CD      | 18:10   |
| 18:25   | 400p K FINAŁ |            |                 |              |               |                 | 18:25   |
| 18:35   |              |            |                 |              |               | 4x100 M CD      | 18:35   |
| 18:40   |              |            |                 | Skok wzwyż M |               |                 | 18:40   |
| 18:45   | 400p M FINAŁ |            |                 |              |               |                 | 18:45   |
| 18:50   |              |            |                 |              | Rzut młotem M |                 | 18:50   |
| 18:52   |              |            |                 |              |               | Skok wzwyż K CD | 18:52   |
| 19:00   | 800 M 1      |            |                 |              |               |                 | 19:00   |
| 19:07   | 800 M 2      |            |                 |              |               |                 | 19:07   |
| 19:14   | 800 M 3      |            |                 |              |               |                 | 19:14   |

19:16  
19:20 800 K 1  
19:23  
19:27 800 K 2  
19:34 800 K 3  
19:37  
19:50  
19:55 400 M FINAŁ  
20:10 400 K FINAŁ  
20:20  
20:25  
20:30  
20:35



Rzut młotem K CD 19:16  
400p K CD 19:20  
400p M CD 19:23  
Skok o tyczce M CD 19:27  
Rzut młotem M CD 19:34  
Skok wzwyż M CD 19:37  
400 M CD 19:50  
400 K CD 19:55  
Rzut młotem M CD 20:10  
Skok wzwyż M CD 20:20  
400 M CD 20:25  
400 K CD 20:30  
400 K CD 20:35

TVP Sport: 17:15-20:30

Dzień 3 (sobota)  
29.07.2023 r.  
Sesja 4

| Godzina | Biegi        | Skok o tyczce   | Skok w dal   | Rzut oszczepem   | Dekoracje           | Godzina |
|---------|--------------|-----------------|--------------|------------------|---------------------|---------|
| 14:30   |              | Skok o tyczce K |              |                  |                     | 14:30   |
| 17:15   |              |                 |              |                  |                     | 17:15   |
| 17:23   |              |                 | Skok w dal M |                  |                     | 17:25   |
| 17:30   |              |                 |              | Rzut oszczepem K |                     | 17:30   |
| 17:31   | 110p M 1     |                 |              |                  |                     | 17:33   |
| 17:37   | 110p M 2     |                 |              |                  |                     | 17:39   |
| 17:40   |              |                 |              |                  | Skok o tyczce K CD  | 17:40   |
| 17:55   | 200 M FINAŁ  |                 |              |                  |                     | 17:55   |
| 18:03   | 200 K FINAŁ  |                 |              |                  |                     | 18:05   |
| 18:15   | 800 M FINAŁ  |                 |              |                  |                     | 18:15   |
| 18:23   |              |                 |              |                  | 200 K CD            | 18:23   |
| 18:28   | 110p M FINAŁ |                 |              |                  |                     | 18:30   |
| 18:33   |              |                 |              |                  | Skok w dal M CD     | 18:33   |
| 18:40   | 100p K 1     |                 |              |                  |                     | 18:43   |
| 18:47   | 100p K 2     |                 |              |                  |                     | 18:49   |
| 18:50   |              |                 | Skok w dal K |                  |                     | 18:48   |
| 18:52   | 100p K 3     |                 |              |                  |                     | 18:55   |
| 19:03   |              |                 |              |                  | 200 M CD            | 19:03   |
| 19:10   |              |                 |              | Rzut oszczepem M |                     | 19:10   |
| 19:18   |              |                 |              |                  | 800 K CD            | 19:18   |
| 19:20   | 800 K FINAŁ  |                 |              |                  |                     | 19:25   |
| 19:35   |              |                 |              |                  | 800 M CD            | 19:35   |
| 19:38   | 100p K FINAŁ |                 |              |                  |                     | 19:40   |
| 19:45   |              |                 |              |                  | Rzut oszczepem K CD | 19:45   |
| 19:51   | 4x400 M INT  |                 |              |                  |                     | 20:01   |
| 20:01   | 4x400 M 1    |                 |              |                  |                     | 20:01   |
| 20:11   | 4x400 M 2    |                 |              |                  |                     | 20:11   |
| 20:15   |              |                 |              |                  | 110p M CD           | 20:15   |
| 20:21   | 4x400 K      |                 |              |                  |                     | 20:21   |
| 20:27   |              |                 |              |                  | 4x400 M CD          | 20:27   |
| 20:30   | 5 000 K      |                 |              |                  |                     | 20:30   |
| 20:45   |              |                 |              |                  | 4x400 K CD          | 20:45   |
| 20:50   | 5 000 M      |                 |              |                  |                     | 20:50   |
| 20:55   |              |                 |              |                  | Skok w dal K CD     | 20:55   |
| 21:00   |              |                 |              |                  | 100p K CD           | 21:00   |
| 21:10   |              |                 |              |                  | Rzut oszczepem M CD | 21:10   |
| 21:15   |              |                 |              |                  | 5 000 K CD          | 21:15   |
| 21:20   |              |                 |              |                  | 5 000 M CD          | 21:20   |

