

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Monday Throws
Day 1 - Monday 3/1/2010 - Starts at 08:45 AM**

	Event	Round
08:45	#359 M35 Javelin 800G	Finals
09:30	#138 W35-49 Javelin 600G	Finals
09:45	#378 M75-94 Discus 1K	Finals
10:45	#141 W50-59 Javelin 500G	Finals
11:00	#376 M65-74 Discus 1K	Finals
12:15	#375 M60 Discus 1K	Finals
12:30	#143 W60-69 Javelin 400G	Finals
13:30	#384 M50-59 Hammer 6K	Finals
14:00	#145 W70-94 Javelin 400G	Finals
15:00	#382 M40-49 Hammer 7.26K	Finals

**Monday Pentathlon
Day 1 - Monday 3/1/2010 - Starts at 09:00 AM**

	Event	Round
09:00	#401 Pentathlon: #1 M35-44 60 M Hurdles	Finals
10:00	#173 Pentathlon: #1 W60-84 60 M Hurdles	Finals
12:00	#171 Pentathlon: #1 W50-59 60 M Hurdles	Finals
13:00	#168 Pentathlon: #1 W35-49 60 M Hurdles	Finals

**Cross Country
Day 1 - Monday 3/1/2010 - Starts at 10:00 AM**

	Event	Round
10:00	#198 W35-84 8k Run CC	Finals
11:30	#437 M55-84 8k Run CC	Finals
13:00	#436 M35-54 8k Run CC	Finals

**Monday Track
Day 1 - Monday 3/1/2010 - Starts at 14:15 PM**

	Event	Round
14:15	#214 M55 60 M Dash	Prelims
14:30	#213 M50 60 M Dash	Prelims
14:45	#212 M45 60 M Dash	Prelims
15:00	#211 M40 60 M Dash	Prelims
15:20	#249 M50 800 M Run	Prelims
15:30	#248 M45 800 M Run	Prelims
15:40	#247 M40 800 M Run	Prelims
16:00	#217 M70 60 M Dash	Prelims
16:08	#216 M65 60 M Dash	Prelims
16:15	#7 W60 60 M Dash	Prelims
16:20	#215 M60 60 M Dash	Prelims
16:32	#6 W55 60 M Dash	Prelims
16:40	#214 M55 60 M Dash	Semis
16:48	#4 W50 60 M Dash	Prelims
16:56	#213 M50 60 M Dash	Semis
17:05	#3 W45 60 M Dash	Prelims
17:17	#212 M45 60 M Dash	Semis
17:25	#2 W40 60 M Dash	Prelims
17:35	#211 M40 60 M Dash	Semis
17:45	#210 M35 60 M Dash	Prelims

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Tuesday Track
Day 2 - Tuesday 3/2/2010 - Starts at 08:20 AM**

	Event	Round
09:20	#252 M65 800 M Run	Prelims
09:30	#251 M60 800 M Run	Prelims
10:20	#250 M55 800 M Run	Prelims
10:30	#229 M70 200 M Dash	Prelims
11:30	#228 M65 200 M Dash	Prelims
12:30	#227 M60 200 M Dash	Prelims
13:15	#226 M55 200 M Dash	Prelims
13:30	#225 M50 200 M Dash	Prelims
14:45	#15 W45 200 M Dash	Prelims
15:00	#224 M45 200 M Dash	Prelims
15:20	#14 W40 200 M Dash	Prelims
15:35	#223 M40 200 M Dash	Prelims
15:50	#222 M35 200 M Dash	Prelims
16:10	#219 M80 60 M Dash	Prelims
16:15	#218 M75 60 M Dash	Prelims
16:30	#12 W90 60 M Dash	Finals
16:30	#221 M90 60 M Dash	Finals
16:35	#220 M85 60 M Dash	Finals
16:40	#11 W80 60 M Dash	Finals
16:45	#10 W75 60 M Dash	Finals
16:50	#9 W70 60 M Dash	Finals
16:55	#217 M70 60 M Dash	Finals
17:00	#8 W65 60 M Dash	Finals
17:05	#216 M65 60 M Dash	Finals
17:10	#7 W60 60 M Dash	Finals
17:15	#215 M60 60 M Dash	Finals
17:20	#6 W55 60 M Dash	Finals
17:25	#214 M55 60 M Dash	Finals
17:30	#4 W50 60 M Dash	Finals
17:35	#213 M50 60 M Dash	Finals
17:40	#3 W45 60 M Dash	Finals
17:45	#212 M45 60 M Dash	Finals
17:50	#2 W40 60 M Dash	Finals
17:55	#211 M40 60 M Dash	Finals
18:00	#1 W35 60 M Dash	Finals
18:05	#210 M35 60 M Dash	Finals
18:10	#219 M80 60 M Dash	Finals
18:15	#218 M75 60 M Dash	Finals

**Tuesday Throws
Day 2 - Tuesday 3/2/2010 - Starts at 08:30 AM**

	Event	Round
08:30	#386 M60-69 Hammer 5K	Finals
10:00	#388 M70-79 Hammer 4K	Finals
10:15	#158 W80-94 Discus .75K	Finals
11:00	#390 M80-89 Hammer 3K	Finals
11:15	#155 W65-79 Discus 1K	Finals
11:30	#363 M55 Javelin 700G	Finals
12:30	#153 W55-64 Discus 1K	Finals
12:30	#362 M50 Javelin 700G	Finals
13:30	#360 M40-49 Javelin 800G	Finals
14:00	#152 W50 Discus 1K	Finals
14:45	#149 W35-44 Discus 1K	Finals
15:00	#151 W45 Discus 1K	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

16:30

#370 M35 Discus 2K

Finals

Tuesday Pentathlon

Day 2 - Tuesday 3/2/2010 - Starts at 09:00 AM

	Event	Round
09:00	#403 Pentathlon: #1 M45 60 M Hurdles	Finals
10:00	#404 Pentathlon: #1 M50 60 M Hurdles	Finals
11:00	#405 Pentathlon: #1 M55 60 M Hurdles	Finals
12:00	#406 Pentathlon: #1 M60 60 M Hurdles	Finals
13:00	#407 Pentathlon: #1 M65 60 M Hurdles	Finals
14:00	#408 Pentathlon: #1 M70-94 60 M Hurdles	Finals

Wednesday Field

Day 3 - Wednesday 3/3/2010 - Starts at 08:30 AM

	Event	Round
08:30	#326 M35 Pole Vault	Finals
08:30	#88 W70-94 Long Jump	Finals
08:30	#121 W65-74 Shot Put 3K	Finals
08:30	#336 M35 Shot Put 7.26K	Finals
09:45	#85 W60-69 Long Jump	Finals
09:45	#123 W75-94 Shot Put 3K	Finals
09:45	#337 M40-49 Shot Put 7.26K	Finals
10:00	#110 W35-54 Pole Vault	Finals
11:00	#84 W55 Long Jump	Finals
11:00	#120 W60 Shot Put 3K	Finals
11:15	#339 M50 Shot Put 6K	Finals
12:15	#119 W55 Shot Put 3K	Finals
12:30	#83 W50 Long Jump	Finals
12:45	#340 M55 Shot Put 6K	Finals
13:30	#118 W50 Shot Put 3K	Finals
13:45	#82 W45 Long Jump	Finals
14:00	#111 W55-84 Pole Vault	Finals
14:00	#341 M60 Shot Put 5K	Finals
15:00	#80 W35-44 Long Jump	Finals
15:00	#117 W45 Shot Put 4K	Finals
15:15	#342 M65 Shot Put 5K	Finals
16:15	#115 W35-44 Shot Put 4K	Finals
16:15	#343 M70-79 Shot Put 4K	Finals
16:30	#292 M40 Long Jump	Finals
17:30	#345 M80-99 Shot Put 3K	Finals
17:45	#291 M35 Long Jump	Finals

2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada

Wednesday Track
Day 3 - Wednesday 3/3/2010 - Starts at 09:00 AM

	Event	Round
09:00	#194 W65-84 3000 M Race Walk	Finals
09:30	#430 M70-89 3000 M Race Walk	Finals
10:00	#428 M60-69 3000 M Race Walk	Finals
10:25	#192 W55-64 3000 M Race Walk	Finals
10:50	#427 M55 3000 M Race Walk	Finals
11:15	#191 W50 3000 M Race Walk	Finals
11:40	#426 M50 3000 M Race Walk	Finals
12:00	#190 W35-49 3000 M Race Walk	Finals
12:20	#423 M35-49 3000 M Race Walk	Finals
12:45	#231 M80 200 M Dash	Prelims
12:50	#230 M75 200 M Dash	Prelims
12:58	#19 W65 200 M Dash	Prelims
13:06	#228 M65 200 M Dash	Semis
13:18	#18 W60 200 M Dash	Prelims
13:25	#227 M60 200 M Dash	Semis
13:38	#17 W55 200 M Dash	Prelims
13:50	#226 M55 200 M Dash	Semis
14:04	#16 W50 200 M Dash	Prelims
14:17	#225 M50 200 M Dash	Semis
14:30	#224 M45 200 M Dash	Semis
14:44	#15 W45 200 M Dash	Semis
14:56	#223 M40 200 M Dash	Semis
15:10	#222 M35 200 M Dash	Semis
15:25	#43 W75-84 800 M Run	Finals
15:35	#256 M85-94 800 M Run	Finals
15:45	#255 M75-84 800 M Run	Finals
15:53	#42 W70 800 M Run	Finals
16:00	#253 M70 800 M Run	Finals
16:10	#40 W60-69 800 M Run	Finals
16:16	#252 M65 800 M Run	Finals
16:22	#251 M60 800 M Run	Finals
16:28	#39 W55 800 M Run	Finals
16:34	#250 M55 800 M Run	Finals
16:40	#38 W50 800 M Run	Finals
16:46	#249 M50 800 M Run	Finals
16:52	#37 W45 800 M Run	Finals
16:58	#248 M45 800 M Run	Finals
17:04	#36 W40 800 M Run	Finals
17:10	#247 M40 800 M Run	Finals
17:15	#35 W35 800 M Run	Finals
17:20	#246 M35 800 M Run	Finals
17:25	#232 M85-94 200 M Dash	Finals
17:30	#22 W80 200 M Dash	Finals
17:34	#231 M80 200 M Dash	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Wednesday Track (Continued)
Day 3 - Wednesday 3/3/2010 - Starts at 09:00 AM**

17:38	#21	W75 200 M Dash	Finals
17:42	#230	M75 200 M Dash	Finals
17:46	#20	W70 200 M Dash	Finals
17:50	#229	M70 200 M Dash	Finals
17:54	#19	W65 200 M Dash	Finals
17:58	#228	M65 200 M Dash	Finals
18:02	#18	W60 200 M Dash	Finals
18:06	#227	M60 200 M Dash	Finals
18:10	#17	W55 200 M Dash	Finals
18:14	#226	M55 200 M Dash	Finals
18:18	#16	W50 200 M Dash	Finals
18:22	#225	M50 200 M Dash	Finals
18:26	#15	W45 200 M Dash	Finals
18:30	#224	M45 200 M Dash	Finals
18:34	#14	W40 200 M Dash	Finals
18:38	#223	M40 200 M Dash	Finals
18:42	#13	W35 200 M Dash	Finals
18:46	#222	M35 200 M Dash	Finals
18:50	#68	W70-84 3000 M Run	Finals
19:15	#66	W60-69 3000 M Run	Finals
19:35	#64	W50-59 3000 M Run	Finals
19:50	#61	W35-49 3000 M Run	Finals
20:05	#269	M35-44 3000 M Run	Finals

**Thursday Field
Day 4 - Thursday 3/4/2010 - Starts at 08:00 AM**

	Event	Round
08:00	#381 M35 Hammer 7.26K	Finals
08:30	#373 M50-59 Discus 1.5K	Finals
08:45	#300 M80-94 Long Jump	Finals
09:45	#299 M75 Long Jump	Finals
10:15	#371 M40-49 Discus 2K	Finals
10:30	#107 W65-94 High Jump	Finals
10:30	#328 M45-54 Pole Vault	Finals
10:30	#368 M80-94 Javelin 400G	Finals
11:00	#298 M70 Long Jump	Finals
11:30	#366 M70-79 Javelin 500G	Finals
12:00	#166 W70-99 Hammer 3K	Finals
12:45	#297 M65 Long Jump	Finals
13:00	#105 W55-64 High Jump	Finals
13:00	#365 M65 Javelin 600G	Finals
13:00	#164 W60-69 Hammer 3K	Finals
14:00	#296 M60 Long Jump	Finals
14:00	#327 M40 Pole Vault	Finals
14:15	#364 M60 Javelin 600G	Finals
14:45	#162 W50-59 Hammer 3K	Finals
15:15	#295 M55 Long Jump	Finals
15:30	#101 W35-54 High Jump	Finals
16:15	#160 W35-49 Hammer 4K	Finals
16:45	#294 M50 Long Jump	Finals
18:00	#293 M45 Long Jump	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Thursday Track
Day 4 - Thursday 3/4/2010 - Starts at 09:00 AM**

	Event	Round
09:00	#277 M75-94 3000 M Run	Finals
09:25	#276 M70 3000 M Run	Finals
09:40	#275 M65 3000 M Run	Finals
09:55	#274 M60 3000 M Run	Finals
10:10	#273 M55 3000 M Run	Finals
10:25	#272 M50 3000 M Run	Finals
10:55	#271 M45 3000 M Run	Finals
11:10	#238 M55 400 M Dash	Prelims
11:25	#237 M50 400 M Dash	Prelims
11:40	#236 M45 400 M Dash	Prelims
11:55	#235 M40 400 M Dash	Prelims
12:10	#234 M35 400 M Dash	Prelims
12:30	#285 M60 60 M Hurdles .840	Prelims
12:45	#284 M55 60 M Hurdles .914	Prelims
12:55	#283 M50 60 M Hurdles .914	Prelims
13:10	#281 M40 60 M Hurdles .991	Prelims
13:15	#280 M35 60 M Hurdles .991	Prelims

**Friday Field
Day 5 - Friday 3/5/2010 - Starts at 08:00 AM**

	Event	Round
09:00	#303 M35 Triple Jump	Finals
09:00	#133 W70-94 Weight Throw 12#	Finals
09:30	#333 M70-94 Pole Vault	Finals
09:45	#97 W65-94 Triple Jump	Finals
10:00	#132 W65 Weight Throw 12#	Finals
11:15	#131 W60 Weight Throw 12#	Finals
12:00	#96 W60 Triple Jump	Finals
12:30	#331 M60-69 Pole Vault	Finals
12:30	#129 W50-59 Weight Throw 16#	Finals
13:00	#314 M35-49 High Jump	Finals
13:30	#94 W50-59 Triple Jump	Finals
14:00	#126 W35-49 Weight Throw 20#	Finals
15:00	#91 W35-49 Triple Jump	Finals
15:30	#330 M55 Pole Vault	Finals
15:45	#348 M35-49 Weight Throw 36#	Finals
16:15	#304 M40 Triple Jump	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Friday Track
Day 5 - Friday 3/5/2010 - Starts at 08:30 AM**

	Event	Round
08:30	#263 M60 1500 M Run	Prelims
08:45	#262 M55 1500 M Run	Prelims
09:00	#261 M50 1500 M Run	Prelims
09:15	#260 M45 1500 M Run	Prelims
09:40	#241 M70 400 M Dash	Prelims
09:50	#240 M65 400 M Dash	Prelims
10:00	#239 M60 400 M Dash	Prelims
10:20	#28 W55 400 M Dash	Prelims
10:30	#27 W50 400 M Dash	Prelims
10:40	#237 M50 400 M Dash	Semis
10:55	#26 W45 400 M Dash	Prelims
11:05	#25 W40 400 M Dash	Prelims
11:15	#235 M40 400 M Dash	Semis
11:30	#287 M70 60 M Hurdles .762	Prelims
13:00	#78 W70-79 60 M Hurdles .686	Finals
13:05	#289 M80-94 60 M Hurdles .686	Finals
13:10	#77 W65 60 M Hurdles .686	Finals
13:15	#76 W60 60 M Hurdles .686	Finals
13:25	#288 M75 60 M Hurdles .762	Finals
13:30	#287 M70 60 M Hurdles .762	Finals
13:35	#75 W55 60 M Hurdles .762	Finals
13:40	#74 W50 60 M Hurdles .762	Finals
13:50	#73 W45 60 M Hurdles .762	Finals
13:55	#72 W40 60 M Hurdles .762	Finals
14:05	#286 M65 60 M Hurdles .840	Finals
14:10	#285 M60 60 M Hurdles .840	Finals
14:15	#71 W35 60 M Hurdles .840	Finals
14:25	#284 M55 60 M Hurdles .914	Finals
14:30	#283 M50 60 M Hurdles .914	Finals
14:40	#282 M45 60 M Hurdles .991	Finals
14:45	#281 M40 60 M Hurdles .991	Finals
14:50	#280 M35 60 M Hurdles .991	Finals

**Road Walks
Day 5 - Friday 3/5/2010 - Starts at 10:00 AM**

	Event	Round
10:00	#197 W30-84 10k Race Walk RR	Finals
11:45	#434 M60-84 10k Race Walk RR	Finals
13:30	#433 M35-59 10k Race Walk RR	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

Saturday Field

Day 6 - Saturday 3/6/2010 - Starts at 08:00 AM

	Event	Round
09:00	#308 M60-69 Triple Jump	Finals
09:00	#351 M50-59 Weight Throw 25#	Finals
10:30	#307 M55 Triple Jump	Finals
10:45	#353 M60-69 Weight Throw 20#	Finals
11:00	#323 M75-94 High Jump	Finals
11:45	#306 M50 Triple Jump	Finals
12:15	#355 M70-79 Weight Throw 16#	Finals
12:45	#321 M65-74 High Jump	Finals
13:00	#305 M45 Triple Jump	Finals
13:30	#357 M80-99 Weight Throw 12#	Finals
14:00	#319 M55-64 High Jump	Finals
14:00	#312 M80-99 Triple Jump	Finals
14:45	#311 M75 Triple Jump	Finals
14:50	#317 M50 High Jump	Finals
15:45	#310 M70 Triple Jump	Finals

Half Marathon

Day 6 - Saturday 3/6/2010 - Starts at 10:00 AM

	Event	Round
10:00	#200 W35-84 Half Marathon RR	Finals
10:00	#438 M35-84 Half Marathon RR	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**

**Saturday Track
Day 6 - Saturday 3/6/2010 - Starts at 09:00 AM**

	Event	Round
09:00	#244 M85-94 400 M Dash	Finals
09:05	#32 W75-84 400 M Dash	Finals
09:10	#243 M80 400 M Dash	Finals
09:15	#242 M75 400 M Dash	Finals
09:20	#31 W70 400 M Dash	Finals
09:25	#241 M70 400 M Dash	Finals
09:30	#30 W65 400 M Dash	Finals
09:35	#240 M65 400 M Dash	Finals
09:40	#29 W60 400 M Dash	Finals
09:45	#239 M60 400 M Dash	Finals
09:50	#28 W55 400 M Dash	Finals
09:55	#238 M55 400 M Dash	Finals
10:00	#27 W50 400 M Dash	Finals
10:05	#237 M50 400 M Dash	Finals
10:10	#26 W45 400 M Dash	Finals
10:15	#236 M45 400 M Dash	Finals
10:20	#25 W40 400 M Dash	Finals
10:25	#235 M40 400 M Dash	Finals
10:30	#234 M35 400 M Dash	Finals
10:35	#24 W35 400 M Dash	Finals
10:45	#266 M75-94 1500 M Run	Finals
10:56	#53 W70-84 1500 M Run	Finals
11:07	#265 M70 1500 M Run	Finals
11:17	#51 W60-69 1500 M Run	Finals
11:27	#264 M65 1500 M Run	Finals
11:37	#263 M60 1500 M Run	Finals
11:47	#50 W55 1500 M Run	Finals
11:57	#262 M55 1500 M Run	Finals
12:06	#49 W50 1500 M Run	Finals
12:15	#261 M50 1500 M Run	Finals
12:24	#48 W45 1500 M Run	Finals
12:33	#260 M45 1500 M Run	Finals
12:41	#259 M40 1500 M Run	Finals
12:49	#46 W35-44 1500 M Run	Finals
12:57	#258 M35 1500 M Run	Finals
13:15	#185 W70-84 4x200 M Relay	Finals
13:20	#417 M70-84 4x200 M Relay	Finals
13:25	#184 W65 4x200 M Relay	Finals
13:30	#416 M65 4x200 M Relay	Finals
13:40	#183 W60 4x200 M Relay	Finals
13:45	#415 M60 4x200 M Relay	Finals
13:55	#182 W55 4x200 M Relay	Finals
14:00	#414 M55 4x200 M Relay	Finals
14:05	#181 W50 4x200 M Relay	Finals
14:10	#413 M50 4x200 M Relay	Finals
14:20	#180 W45 4x200 M Relay	Finals
14:25	#412 M45 4x200 M Relay	Finals
14:35	#179 W40 4x200 M Relay	Finals
14:45	#411 M40 4x200 M Relay	Finals
14:55	#178 W35 4x200 M Relay	Finals
15:00	#410 M35 4x200 M Relay	Finals

**2010 WMA World Indoor Championships - 3/1/2010 to 3/6/2010
Kamloops, Canada**