

**SWISS MASTERS CHAMPIONSHIP 2024 /  
24° INTERNATIONAL MASTERS MEETING  
CITY OF BELLINZONA /  
EMA MEETING MASTERS CIRCUIT – Zero Edition  
(EMA permitted)**

**Bellinzona, Stadio Comunale – Saturday, 21<sup>st</sup> September 2024**

**CATEGORIES:**

Men	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Women	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80

**COMPETITION SCHEDULE (competitions start at 10.00 a.m.):**

MEN		WOMEN	
High jump	100 m	High jump	100 m
Pole vault*	200 m	Long jump	200 m
Long jump	400 m*	Triple jump	400 m*
Triple jump	800 m*	Shot put	800 m*
Shot put	1500 m*	Discus throw	1500 m*
Discus throw	5000 m*	Javelin throw	5000 m*
Javelin throw	80/100/110 m hurdles		80/100 m hurdles
	300/400 m hurdles*		300/400 m hurdles*
	5000 m marching*		5000 m marching*

\* Competitions valid for the Swiss Masters Championship

**REGISTRATION:**

until Thursday 12<sup>th</sup> September 2024 by post: SAB Bellinzona, CP 2595, 6501 Bellinzona  
or by e-mail to: [infosab@sab-bellinzona.ch](mailto:infosab@sab-bellinzona.ch)  
indicating: Name, Lastname, Birthyear, Club, Discipline, Performance.

**REGISTRATION FEES:**

Fr. 15.00 (€ 15.00) per discipline, Fr. 12.00 (€ 12.00) from the 2<sup>nd</sup> discipline onwards.  
To be paid directly on site when collecting the race bib.

**CEREMONIES:**

first three of each discipline in all categories

**INFORMATIONS:**

Fedele Borradori (Italiano)	+41(0)76 443.57.22
Samuele Comandini (Deutsch, Français, English)	+41(0)79 611.60.01

More details can be found at <http://www.sab-bellinzona.ch>

## TIMETABLE:

MEN			WOMEN	
	5000 m MARCHING*	<b>10.00</b>	5000 m MARCHING*	
SHOT P. M30-M40 DISCUS M70-M80 JAVELIN M50-M55	80 m hurdles	<b>11.00</b>		
		<b>11.10</b>	80 m hurdles	
TRIPLE JUMP		<b>11.30</b>		TRIPLE JUMP
	100 m hurdles	<b>11.35</b>		
		<b>11.45</b>	100 m hurdles	
	110 m hurdles	<b>11.55</b>		
SHOT PUT M45 JAVELIN M60-M80 HIGH J. M30-M45		<b>12.00</b>		DISCUS
		<b>12.15</b>	100 m	
	100 m	<b>12.35</b>		
		<b>12.45</b>		LONG JUMP
SHOT P. M50-M55 DISCUS M30-M40 HIGH J. M50-M80		<b>13.00</b>		
		<b>13.10</b>	800 m*	
	800 m*	<b>13.25</b>		
POLE VAULT*		<b>13.30</b>		
		<b>13.45</b>	400 m*	
SHOT P. M60-M65 DISCUS M45	400 m*	<b>14.00</b>		JAVELIN
LONG JUMP M30-M40		<b>14.30</b>		HIGH JUMP
		<b>14.35</b>	200 m	
	200 m	<b>14.50</b>		
SHOT P. M70-M80 DISCUS M50-M55 JAVELIN M30-M40		<b>15.00</b>		
		<b>15.25</b>	1500 m*	
LONG JUMP M45-M80	1500 m*	<b>15.45</b>		
DISCUS M60-M65 JAVELIN M45		<b>16.00</b>		SHOT PUT
	300 m hurdles*	<b>16.15</b>	300 m hurdles*	
	400 m hurdles*	<b>16.40</b>	400 m hurdles*	
	5000 m*	<b>17.00</b>	5000 m*	

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