

競技順序と予定時間

| | |
|-------|-----|
| 8:00~ | 受付 |
| 8:30 | 開会式 |

トラック競技

| 開始時間 | 種目 | クラス別人数 | 合計人数 | 組数 |
|-------|------------|-------------------------|------|----|
| 9:00 | 5000m A | M55 5 | 16人 | 1組 |
| | | M50 3 | | |
| | | M45 4 | | |
| | | M40 2 | | |
| | | M35 2 | | |
| 9:30 | 5000m B | M85 1 | 13人 | 1組 |
| | | M75 2 | | |
| | | M70 2 | | |
| | | M65 2 | | |
| | | M60 4 | | |
| | | W45 1 W25 1 | | |
| 10:20 | 100m A | M85 1 | 7人 | 1組 |
| | | M80 6 | | |
| | | M75 7 | | |
| | | M70 2 | | |
| | | M65 10 | | |
| | | M60 8 | | |
| | | M55 9 | | |
| | | M50 20 | | |
| 11:10 | 100m B | M45 22 | 22人 | 3組 |
| | | M40 14 | | |
| | | M35 6 | | |
| | | M30 6 | | |
| | | M25 1 | | |
| | | W75 1 | | |
| | | W70 1 | | |
| | | W55 2 | | |
| | | W50 4 | | |
| | | W45 1 W40 1 W35 1 | | |
| 11:50 | 400m | M80 2 | 3人 | 1組 |
| | | M75 1 | | |
| | | M65 2 | | |
| | | M60 1 | | |
| | | M55 2 | | |
| | | M50 5 | | |
| | | M45 7 | | |
| | | M40 5 | | |
| | | M35 3 M30 1 W55 3 | | |
| 12:20 | 60m A | M85 2 | 6人 | 1組 |
| | | M80 4 | | |
| | | M75 6 | | |
| | | M70 4 | | |
| | | M65 9 | | |
| | | M60 6 | | |
| | | M55 6 | | |
| | | M50 13 | | |

| 開始時間 | 種目 | クラス別人数 | 合計人数 | 組数 |
|----------------|-----------|----------------------------------------------------|------|----|
| 12:40 | 60m B | M45 12 | 12人 | 2組 |
| | | M40 6 | | |
| | | M35 4 | | |
| | | M30 4 | | |
| | | W75 1 | | |
| | | W70 1 | | |
| | | W55 1 | | |
| | | W50 4 | | |
| | | W45 2 | | |
| | | W40 1 | | |
| | | W35 1 W30 3 | | |
| 13:10 | 1500m | M70 2 | 10人 | 1組 |
| | | M65 2 | | |
| | | M60 2 | | |
| | | M55 4 | | |
| | | M50 3 | | |
| | | M45 4 M35 1 W75 1 W60 1 W45 2 W25 1 | | |
| 13:40 | 3000m競歩 | M10人 W2人 | 12人 | 1組 |
| 14:20 | 200m A | M90 1 | 7人 | 1組 |
| | | M80 3 | | |
| | | M75 2 | | |
| | | M70 1 | | |
| | | M65 4 M60 5 | | |
| 14:30 | 200m B | M55 4 | 4人 | 1組 |
| | | M50 12 | | |
| | | M45 2 | | |
| | | M40 3 | | |
| | | M35 4 | | |
| | | M30 2 | | |
| | | M24- 1 | | |
| | | W75 1 W55 2 W50 2 W35 1 | | |
| 15:00 | 800m | M80 1 | 6人 | 1組 |
| | | M75 1 | | |
| | | M65 2 | | |
| | | M60 2 | | |
| | | M55 2 | | |
| | | M50 3 | | |
| | | M45 3 | | |
| | | M40 1 | | |
| | | M35 2 | | |
| | | M30 1 | | |
| W60 1 W55 1 | | | | |