

**TORNEO REGIONAL APERTURA ADQR
SÁBADO 14 DE MARZO 2026
PROGRAMA HORARIO – ETAPA ÚNICA**

INGRESO CAMARA LLAMADOS	INGRESO PISTA FOSOS	INICIO PRUEBA	PRUEBAS	GÉNERO	RONDA
08:30 hrs.	08:45 hrs.	09:00 hrs.	5.000 m. planos T.C	Varones	Final 1
08:30 hrs.	08:40 hrs.	9:00 hrs.	L. Bala T.C,U20, U18	Varones	Final
08:30 hrs.	08:40 hrs.	9:00 hrs.	Lanz.JabalinaT.C,U20,U18	Damas	Final
08:30 hrs.	08:40 hrs.	9:00 hrs.	S. Largo TC/U20/U18/U16	Varones	Final
08:30 hrs.	8:40 hrs.	9:00 hrs.	Salto Alto TC/U20/U18/U16	Damas	Final
08:40 hrs.	09:10 hrs.	09:20 hrs.	5.000 m. planos T.C	Varones	Final 2
09:00 hrs.	09:25 hrs.	9:40 hrs.	5.000 m. planos T.C	Damas	Final
09:20 hrs.	09:50 hrs.	10:10 hrs.	100 m planos TC/U20	Damas	Series
09:30 hrs.	10:00 hrs.	10:20 hrs.	100 m planos TC/U20	Varones	Series
09:30 hrs.	10:00 hrs.	10:20 hrs.	Lanz. Disco T.C., U20, U18	Varones	Final
09:40 hrs.	10:10 hrs.	10:30 hrs.	100 m. planos U18/U16	Varones	Series
09:50 hrs.	10:20 hrs.	10:40 hrs.	100 m. planos U18/U16	Damas	Series
10:00 hrs.	10:30 hrs.	10:50 hrs.	400 m. planos TC/U20/U18	Damas	Final c/t
10:10 hrs.	10:40 hrs.	11:00 hrs.	400 m. planos TC/U20/U18	Varones	Final c/t
10:10 hrs.	10:40 hrs.	11:00 hrs.	L. Bala T.C, U20, U18	Damas	Final
10:20 hrs.	10:50 hrs.	11:10 hrs.	100 m planos TC/U20	Damas	Final
10:30 hrs.	11:00 hrs.	11:20 hrs.	100 m planos TC/U20	Varones	Final
10:50 hrs.	11:10 hrs.	11:30 hrs.	S. Largo TC/U20/U18/U16	Damas	Final
10:40 hrs.	11:10 hrs.	11:30 hrs.	100 m. planos U18/U16	Damas	Final
10:50 hrs.	11:20 hrs.	11:40 hrs.	100 m. planos U18/U16	Varones	Final
11:20 hrs.	11:40 hrs.	12:00 hrs.	Lanz. Disco T.C., U20, U18	Damas	Final
11:20 hrs.	11:40 hrs.	12:00 hrs.	Salto Alto TC/U20/U18/U16	Varones	Final
11:10 hrs.	11:40 hrs.	12:10 hrs.	100 m Vallas TC/U20	Damas	Final c/t
11:40 hrs.	12:10 hrs.	12:25 hrs.	110 m Vallas TC/U20	Varones	Final c/t
12:00 hrs.	12:25 hrs.	12:40 hrs.	800 m. planos TC/U18/ U16	Damas	Final
12.10 hrs.	12:40 hrs.	13:00 hrs.	800 m. planos TC/U18/ U16	Varones	Final
12:25 hrs.	12:55 hrs.	13:15 hrs.	Lanz.JabalinaT.C,U20,U18	Varones	Final
12:30 hrs.	13:00 hrs.	13:20 hrs.	Salto Triple TC/U20/U18	Damas/Varone	Final
12:35 hrs.	13:05 hrs.	13:20 hrs.	400 m. vallas TC/U20	Damas	Final c/t
12.45 hrs.	13:15 hrs.	13:30 hrs.	400 m. vallas TC/U20	Varones	Final c/t
12:55 hrs.	13:25 hrs.	13:40 hrs.	200 m. planos TC/U20	Varones	Final c/t
13:05 hrs.	13:35 hrs.	13:50 hrs.	200 m. planos TC/U20	Damas	Final c/t
13.15 hrs	13.45 hrs	14.00 hrs.	Relevo 4x100 TC	Varones	Final c/t
13.35 hrs.	14.05 hrs.	14.20 hrs	Relevo 4x100 TC	Damas	Final c/t

Encargado Jueces: Marcia Cueto

Encargado de logística: Rodrigo Navarro

Coordinador Técnico del Torneo: Víctor Cortes