

FINAL SCHEDULE OF EVENTS**FRIDAY – AUGUST 15, 2025 | FIELD EVENTS**

Time	Event	Sex	Age	Round	Athletes	Flights
11:00 AM	Hammer Throw	WOMEN	30 - 80+	Throws Pentathlon	11	1F
12:30 PM	Hammer Throw	MEN	65 - 90+	Throws Pentathlon	9	1F
12:30 PM	Shot Put	WOMEN	30 - 80+	Throws Pentathlon	11	1F
1:30 PM	Hammer Throw	MEN	45 - 64	Throws Pentathlon	9	1F
1:30 PM	Shot Put	MEN	65 - 90+	Throws Pentathlon	9	1F
2:30 PM	Discus Throw	WOMEN	30 - 80+	Throws Pentathlon	11	1F
2:30 PM	Shot Put	MEN	45 - 64	Throws Pentathlon	9	1F
3:45 PM	Discus Throw	MEN	65 - 90+	Throws Pentathlon	9	1F
3:00 PM	Triple Jump	MIXED	30 - 80+	FINAL	8M / 3W	1F
3:45 PM	Javelin Throw	WOMEN	30 - 80+	Throws Pentathlon	11	1F
4:45 PM	Discus Throw	MEN	45 - 64	Throws Pentathlon	9	1F
5:00 PM	Javelin Throw	MEN	65 - 90+	Throws Pentathlon	9	1F
4:45 PM	Weight Throw	WOMEN	30 - 80+	Throws Pentathlon	11	1F
6:00 PM	Javelin Throw	MEN	45 - 64	Throws Pentathlon	9	1F
6:15 PM	Weight Throw	MEN	65 - 90+	Throws Pentathlon	9	1F
7:15 PM	Weight Throw	MEN	45 - 64	Throws Pentathlon	9	1F

Weight Throw contested in Shot Area

FINAL SCHEDULE OF EVENTS**SATURDAY – AUGUST 16, 2025, | TRACK EVENTS**

TIME	EVENT	SEX	AGE	ROUND	Athletes	Heats
8:30 AM	5000m	MIXED	30 – 80+	FINAL	9/3	1H
9:05 AM	3000m Race Walk	MIXED	30 – 80+	FINAL	1/2	1H
9:40 AM	1500m	WOMEN	45 - 64	FINAL	5	1H
9:55 AM	1500m	MEN	40 – 84	FINAL	15	1H
10:05 AM	HURDLE SET UP					
10:30 AM	80m Hurdles (27"/ 30")	MIXED	W60-69 / M85-89 / W55-59	FINAL	4	1H
10:45 AM	100m Hurdles (33")	MEN	60 – 69	FINAL	3	1H
11:00 AM	110m Hurdles (39")	MEN	35 – 49	FINAL	2	1H
11:15 PM	HURDLE BREAKDOWN					
11:45 AM	100m*	WOMEN	30 – 89	FINAL	32	4H
12:10 PM	100m*	MEN	30 – 89	FINAL	46	6H
1:00 PM	200m	MEN	30 – 80+	Pentathlon	6	1H
1:10 PM	400m	WOMEN	35 – 89	FINAL	14	2H
1:20 PM	400m	MEN	35 – 89	FINAL	25	3H
1:50 PM	4 x 100m	WOMEN	30 – 80+	FINAL	1	1H
3:30 PM	1500m	MEN	30 – 80+	Pentathlon	6	1H

***TIMED FINAL HEATS TO BE SEEDED BY TIME**



FINAL SCHEDULE OF EVENTS

SATURDAY – AUGUST 16, 2025, | FIELD EVENTS

TIME	EVENT	SEX	AGE	ROUND	Athletes	Flights
9:00 AM	Long Jump	MEN	30 – 80+	Pentathlon	6	1F
9:00 AM	Weight Throw ²	MEN	45 – 69	FINAL	11	1F
9:00 AM	Shot Put	WOMEN	35 – 64	FINAL	12	1F
11:00 AM	Javelin Throw	MEN	30 – 80+	Pentathlon	6	1F
11:00 AM	Long Jump	WOMEN	40 – 89	FINAL	9	1F
11:00 AM	Weight Throw ²	MEN	75 – 90+	FINAL	8	1F
12:00 PM	Shot Put	WOMEN	65+	FINAL	5	1F
1:00 PM	Pole Vault	MIXED	30 – 80+	FINAL	11	1F
1:15 PM	Long Jump	MEN	45 – 89	FINAL	13	1F
1:00 PM	Weight Throw ²	WOMEN	30 – 80+	FINAL	6	1F
1:15 PM	Shot Put	MEN	40 – 54	FINAL	8	1F
2:15 PM	Discus Throw	MEN	30 – 80+	Pentathlon	6	1F
2:30 PM	Shot Put	MEN	55 – 69	FINAL	9	1F
3:00 PM	High Jump	MEN	30 – 80+	FINAL	13	1F
3:30 PM	Discus Throw	WOMEN	30 – 80+	FINAL	13	1F
4:00 PM	Shot Put	MEN	70 – 90+	FINAL	9	1F
5:00 PM	Discus Throw	MEN	60 – 90+	FINAL	9	1F
6:30 PM	Discus Throw	MEN	35 – 59	FINAL	13	1F

2. Discus/Hammer Cage

COMBINED EVENTS SCHEDULE

*All times are approximate and will be dependent on the finish time of the preceding event.

MALE	
TIME	EVENT
9:00 AM	Long Jump
11:00 AM	Javelin Throw
1:00 PM	200m
2:15 PM	Discus Throw
3:30 PM	1500m



FINAL SCHEDULE OF EVENTS

SUNDAY – AUGUST 17, 2025, | TRACK EVENTS

TIME	EVENT	CATEGORY	AGE	ROUND	Athletes	Heats
9:00 AM	3000m	MIXED	40 – 79	FINAL	12	1H
10:00 AM	300m Hurdles (30" + 27")	MIXED	M 60-69 + W 55-64	FINAL	5	1H
10:15 AM	200m Hurdles (27")	MEN	80+	FINAL	2	1H
10:30 AM	800m*	MEN	35 – 84	FINAL	17	2H
10:45 AM	800m	WOMEN	40 – 49	FINAL	6	1H
11:00 AM	Track Break					
11:30 AM	200m*	WOMEN	35 – 89	FINAL	23	3H
11:50 AM	200m*	MEN	30 – 89	FINAL	42	6H
12:35 PM	3000m Steeple Chase	MEN	35 – 39	FINAL	1	1H
12:55 PM	2000m Steeplechase	MEN	60 – 84	FINAL	3	1H
1:05 PM	4 x 400m	WOMEN	35+	FINAL	Athletes can register day of	
1:15 PM	4 x 400m	WOMEN	35+	FINAL		

***TIMED FINAL HEATS TO BE SEEDED BY TIME**

SUNDAY – AUGUST 17, 2025, | FIELD EVENTS

TIME	EVENT	SEX	AGE	ROUND	Athletes	Flights
9:00 AM	High Jump	WOMEN	50 – 69	FINAL	2	1F
9:00 AM	Hammer Throw	MEN	60+	FINAL	9	1F
9:30 AM	Javelin Throw	WOMEN	30 – 80+	FINAL	13	1F
10:45 AM	Hammer Throw	MEN	35 – 59	FINAL	7	1F
11:00 M	Javelin Throw	MEN	70+	FINAL	12	1F
1:00 PM	Hammer Throw	WOMEN	50+	FINAL	7	1F
2:00 PM	Javelin Throw	MEN	35 – 69	FINAL	13	1F
4:30 PM	Super Weight	MIXED	30 – 80+	FINAL	11	1F