

2025 Atlantic Championships					
July 19-20, 2025, Fortis Canada Games Complex, St. John's					
TENTATIVE SCHEDULE OF EVENTS (Subject to change based on entries)					
Final Schedule available the day before the meet.					
Session 1 - Saturday Morning, July 19			Field Events		
Time	Event	Round	Time	Event	
9:00	5000m (mixed) U20+	Finals	9:30	Hammer Throw	F/M
9:45	80mH F – U16 30”	Timed Finals	10:30	Triple Jump (Pit #1)	Female
9:55	100mH F – U18 30”	Timed Finals	10:30	Triple Jump (Pit #2)	Male
10:05	100mH F – U20, Open 33”	Timed Finals	10:30	Para Shot Put	F/M
10:10	100mH M- U16 33”	Timed Finals	11:00	Shot Put	Female
10:20	110mH M- U18+ 36”	Timed Finals	12:00	Shot Put	Male
10:40	300m F U16	Timed Finals	11:00	High Jump	Male
10:45	300m F U16	Timed Finals			
11:00	400m F U18+	Timed Finals			
11:10	400m M U18+	Timed Finals			
11:25	400m F Para ambulatory	Timed Finals			
11:30	400 m M Para ambulatory	Timed Finals			
11:35	400m F Wheelchair	Timed Finals			
11:40	400m M Wheelchair	Timed Finals			
Session 2 - Saturday Afternoon, July 19					
14:00	100m Wheelchair	Timed Finals	13:00	Para Discus	F/M
14:10	100m Para ambulatory	Timed Finals	14:00	Discus Throw	Female
14:20	100m Special Olympics	Timed Finals	14:00	Long Jump	Male
14:30	60m F/M Tetrathlon (1) (no blocks)		14:00	High Jump	Female
14:45	100m F U16 +	Prelims	15:30	Discus Throw	Male
15:00	100m M U16 +	Prelims	15:40	Long Jump - Tetrathlon (2)	
15:20	1200m F U16	Finals	16:30	Shot Put - Tetrathlon (3)	
15:30	1200m M U16	Finals	17:00	Pole Vault	Male
15:40	1500m F U18+	Finals	17:00	Javelin Throw	Female
15:50	1500m F U18+	Finals	18:30	Pole Vault	Female

16:00	1500m F Wheelchair	Timed Finals				
16:10	1500m M Wheelchair	Timed Finals				
16:30	100m F U16+	Finals				
16:50	100m M U16+	Finals				
17:15	600m - Tetrathlon (4)					
17:30	4x100m Relay	Finals				
Session 3 - Sunday, July 20						
8:00	200mH F U16	Timed Finals	10:00	Long Jump		Female
8:05	200mH M U16	Timed Finals	10:00	Javelin Throw		Male
8:25	400mH F U18+	Timed Finals				
8:35	400mH M U18	Timed Finals				
8:55	400mH M U20+	Timed Finals				
9:10	800m F - All	Finals				
9:20	800m M - All	Finals				
9:35	200m F U16+	Prelims				
9:45	200m M U16+	Prelims				
10:00	3000m F - U18+	Finals				
10:15	3000m M - U18+	Finals				
10:30	2000m F - U16	Finals				
10:40	2000m M - U16	Finals				
11:00	200m F Special Olympics	Timed Final				
11:05	200m M Special Olympics	Timed Final				
11:15	200m M U16+	Finals				
11:39	200m M U16+	Finals				
11:30	1500m SC – F U16 (no water)	Finals				
11:40	1500m SC – M U16 (no water)	Finals				
11:50	3000m SC-F- U20, Open ,Mas	Finals				
12:00	2000m SC-M- U18	Finals				
12:15	3000m SC-M- U20,Open,Mas	Finals				
12:40	4x400m Relay F U18+	Finals				
12:50	4x400m Relay M U18+	Finals				