



FINAL Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS

Saturday, July 5, 2025

Time	Event	Round	Age Group	# Sections
9:00	1200m	Timed Finals	U9 Girls, U10 Girls, U9 Boys, U10 Boys	2
9:15	1500m	Timed Finals	U11 Girls, U12 Girls, U11 Boys, U12 Boys	3
9:40	1500m	Timed Finals	U13 Girls, U14 Girls, U13 Boys, U14 Boys	4
10:10	400m	Timed Finals	U9 Girls, U9 Boys, U10 Girls, U10 Boys	5
10:25	400m	Timed Finals	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	17
11:05	400m	Timed Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys	18
11:55	400m	Timed Finals	U20 Women, Open Women, U20 Men, Open Men	3
12:10	110m Hurdles (36")	Heats	U18 Boys	2
12:30	OPENING CEREMONIES			
1:00	80m Hurdles (30")	Finals	U13 Girls, U13 Boys, U14 Girls, U14 Boys	3
1:15	80m Hurdles (30")	Finals	U15 Girls, U16 Girls	2
1:25	100m Hurdles (30")	Finals	U18 Girls	1
1:30	100m Hurdles (33')	Finals	U20 Women, Open Women, U15 Boys, U16 Boys	1
1:35	110m Hurdles (36")	Finals	U18 Boys	1
1:40	110m Hurdles (39")	Finals	U20 Men	1
1:45	1500m	Timed Finals	U15 Girls, U16 Girls, U15 Boys, U16 Boys	4
2:15	100m	Heats	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys	14
2:45	100m	Heats	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	25
3:35	100m	Heats	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys	26
4:35	100m	Heats	U20 Women, U20 Men, Open Women, Open Men	10
5:00	1500m	Timed Finals	U18 Girls, U20 Women, U18 Boys	2
5:15	100m	Finals	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys	6
5:30	100m	Finals	U11 Girls, U11 Boys, U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	8
5:45	100m	Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys	6
6:00	100m	Finals	U20 Women, U20 Men, Open Women, Open Men	4
6:10	100m	Timed Finals	Masters Women, Masters Men	3
6:20	100m	Timed Finals	Parents & Coaches Women, Parents & Coaches Men	2
6:30	1500m	Timed Finals	U20 Men, Open Men	1
6:40	4x100 Relay	Timed Finals	U10 Girls, U12 Girls, U14 Girls, U16 Girls, U18 Girls, U20 Women, Open Women	5
6:55	4x100 Relay	Timed Finals	U10 Boys, U12 Boys, U14 Boys, U16 Boys, U18 Boys, U20 Men, Open Men	4

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Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:15	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	High Jump U11 & U12 Girls 9:00 (5)	Long Jump U15 & U16 Girls 9:00 (9/8)	Long Jump U9 & U10 Boys 9:00 (8/9)	Shot Put 4.00kg U15 & U16 Boys 9:00 (5)	Javelin 400g U13 & U14 Boys & Girls 9:00 (17)
9:15					
9:30					
9:45				Warm up	
10:00	High Jump U13 & U14 Girls 10:00 (9)	Warm up	Warm up	Shot Put 4.00kg U13 & U14 Boys 10:00 (8)	Warm up
10:15		Long Jump U20 Women & Open Women 10:30 (9/4)	Long Jump U11 & U12 Boys 10:30 (14/9)	Warm up	Javelin 500g U15 & U16 & U18 Girls 10:30 (11)
10:30					
10:45	Warm up				
11:00	High Jump U15 & U16 Girls 11:00 (7)			Shot Put 3.00kg U13 & U14 Girls 11:00 (11)	Warm up
11:15				Javelin 600g U15 & U16 Boys & U20 Women 11:30 (5)	
11:30					
11:45		Warm up	Warm up		
12:00	High Jump U18 & U20 & Open Women 12:00 (7)	Long Jump U15 & U16 Boys 12:00 (9/4)	Long Jump U13 & U14 Boys 12:00 (9/7)		Warm up
12:15					Javelin 700g / 800g U18 Boys & U20 Men 12:15(5)
12:30					
12:45					
1:00					
1:15	Warm up				
1:30	High Jump U11 & U12 Boys 1:30 (4)				
1:45		Warm up	Warm up	Warm up	
2:00		Long Jump U18 Girls 2:00 (19)	Long Jump U9 & U10 Girls 2:00 (11/4/10)	Shot Put 5.00kg / 6.00kg / 7.26kg U18 Boys, U20 & Open Men 2:00 (8)	
2:15					
2:30	High Jump U13 & U14 & U15 & U16 Boys 2:30 (8)				
2:45					
3:00				Warm up	
3:15	Warm up	Warm up	Warm up	Shot Put 3.00kg U15, U16, U18, U20, Open Girls 3:00 (10)	
3:30	High Jump U18 Boys & U20 Men 3:30 (5)	Long Jump U18 Boys 3:30 (23)	Long Jump U11 & U12 Girls 3:30 (9/17)		
3:45					
4:00					
4:15					
4:30					
4:45		Warm up	Warm up		
5:00		Long Jump U20 Men & Open Men 5:00 (6/3)	Long Jump U13 & U14 Girls 5:00 (11/19)		
5:15					
5:30					
5:45					
6:00					
6:15					

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FINAL Schedule

2025 FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS Sunday, July 6, 2025

Time	Event	Round	Divisions	# Sections
9:00	2000m	Final	U13 Girls, U14 Girls, U13 Boys, U14 Boys	2
9:30	200m Hurdles (30")	Timed Finals	U13 Girls, U14 Girls, U15 Girls, U16 Girls, U13 Boys, U14 Boys, U15 Boys, U16 Boys	4
9:45	400m Hurdles (30")	Timed Final	U18 Girls, U20 Women, Open Women	4
10:00	400m Hurdles (33")	Timed Final	U18 Boys	2
10:10	400m Hurdles (36")	Timed Final	U20 Men, Open Men	1
10:15	3000m	Final	U15 Girls, U16 Girls, U18 Girls, U20 Women, Open Women	1
10:30	3000m	Final	U15 Boys, U16 Boys, U18 Boys, U20 Men, Open Men	2
11:00	200m	Heats	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys	20
11:40	200m	Heats	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	26
12:35	200m	Heats	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys	32
1:40	200m	Heats	U20 Women, U20 Men, Open Women, Open Men	9
2:00	800m	Timed Finals	U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys	4
2:15	800m	Timed Finals	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	10
2:45	200m	Finals	U8 Girls, U8 Boys, U9 Girls, U9 Boys, U10 Girls, U10 Boys, U11 Girls, U11 Boys	8
3:05	200m	Finals	U12 Girls, U12 Boys, U13 Girls, U13 Boys, U14 Girls, U14 Boys	6
3:20	200m	Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U18 Boys	6
3:35	200m	Finals	U20 Women, U20 Men, Open Women, Open Men	4
3:45	800m	Timed Finals	U15 Girls, U15 Boys, U16 Girls, U16 Boys, U18 Girls, U20 Women, U18 Boys	8
4:15	800m	Timed Finals	U20 Men, Open Men	1
4:25	Mixed 4x100 Relay	Finals	Parents & Coaches	1
4:35	Sprint Medley Relay		U10 Girls, U12 Girls, U14 Girls, U10 Boys, U12 Boys, U14 Boys	1
4:45	4x400	Finals	U16 Girls, U18 Girls, U16 Boys, U18 Boys	2
4:55	Mixed 4x400 Relay	Finals	U20 & Open	1
5:15	Team Awards Ceremony			

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Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
8:45	Warm up	Warm up	Warm up	Warm up	Warm up
9:00	Pole Vault U16 & U18 Girls 9:00 (10)		Triple Jump U18 & U20 & Open Women 9:00 (14)	Shot Put 2.00kg U9 & U10 Boys & Girls 9:00 (10)	Discus Throw 0.75kg U13 & U14 Girls & U13 & U14 Boys 9:00 (10)
9:15					
9:30				Warm up	Warm up
9:45					
10:00				Shot Put 2.72kg U11 & U12 Girls 10:00 (7)	Discus Throw 1.00kg U15 & U16 & U18 & U20 Girls 10:30 (11)
10:15		Warm up			
10:30		Triple Jump U18 Boys & U20 Men 10:30 (10)		Warm up	
10:45					
11:00				Shot Put 2.72kg U11 & U12 Boys 10:45 (7)	
11:15					
11:30					Warm up
11:45		Warm up	Warm up		
12:00		Triple Jump U13 & U14 Boys 12:00 (7)	Triple Jump U13 & U14 Girls 12:00 (6/7)		Discus Throw 1.50kg/ 1.75kg/2.00kg U18 & U20 & Open Men 12:00 (5/3/1)
12:15					
12:30					
12:45					
1:00					
1:15		Warm up	Warm up		
1:30		Triple Jump U15 & U16 Boys 1:30 (5)	Triple Jump U15 & U16 Girls 1:30 (6/6)		
1:45					Warm up
2:00					Discus Throw 1.00kg U15 & U16 Boys 1:30 (3/1)
2:15					
2:30					
2:45		Warm up	Warm up		
3:00		Long Jump U8 Boys 3:00 (10)	Long Jump U8 Girls 3:00 (11)		
3:15					
3:30					
3:45					
4:00					

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