

TENTATIVE SCHEDULE OF EVENTS

The schedule will be finalized once registration is closed. Event times may be adjusted based on the number of entries.

FRIDAY – AUGUST 15, 2025, | FIELD EVENTS

TIME	EVENT	CATEGORY	AGE	ROUND	NO
12:00 PM	Hammer Throw	WOMEN	30 – 80+	THROWS PENTATHLON	
1:00 PM	Hammer Throw	MEN	30 – 80+	THROWS PENTATHLON	
1:00 PM	Shot Put	WOMEN	30 – 80+	THROWS PENTATHLON	
1:00 PM	Triple Jump	WOMEN	30 – 80+	FINAL	
2:00 PM	Shot Put	MEN	30 – 80+	THROWS PENTATHLON	
2:00 PM	Discus Throw	WOMEN	30 – 80+	THROWS PENTATHLON	
3:00 PM	Discus Throw	MEN	30 – 80+	THROWS PENTATHLON	
3:00 PM	Javelin Throw	WOMEN	30 – 80+	THROWS PENTATHLON	
3:00 PM	Triple Jump	MEN	30 – 80+	FINAL	
4:00 PM	Javelin Throw	MEN	30 – 80+	THROWS PENTATHLON	
4:00 PM	Weight Throw	WOMEN	30 – 80+	THROWS PENTATHLON	
5:00 PM	Weight Throw	MEN	30 – 80+	THROWS PENTATHLON	

TENTATIVE SCHEDULE OF EVENTS

SATURDAY – AUGUST 16, 2025, | TRACK EVENTS

TIME	EVENT	SEX	AGE	ROUND	NO
8:00 AM	5000m	MIXED	30 – 80+	FINAL	
9:00 AM	3000m Race Walk	MIXED	30 – 80+	FINAL	
9:30 AM	1500m	WOMEN	30 – 34	FINAL	
9:40 AM	1500m	WOMEN	35 – 54	FINAL	
9:50 AM	1500m	WOMEN	55 – 64	FINAL	
10:00 AM	1500m	WOMEN	65+	FINAL	
10:15 AM	1500m	MEN	30 – 34	FINAL	
10:25 AM	1500m	MEN	35 – 54	FINAL	
10:35 AM	1500m	MEN	55 – 64	FINAL	
10:45 AM	1500m	MEN	65+	FINAL	
11:00 AM	HURDLE SET UP				
11:15 AM	80m Hurdles (27")	WOMEN	60 - 69	FINAL / PENTATHLON	
11:20 AM	80m Hurdles (27")	WOMEN	70 - 79	FINAL / PENTATHLON	
11:25 AM	80m Hurdles (27")	WOMEN	80+	FINAL / PENTATHLON	
11:30 AM	80m Hurdles (27")	WOMEN	80+	FINAL / PENTATHLON	
11:40 AM	80m Hurdles (30")	WOMEN	40 - 49	FINAL / PENTATHLON	
11:45 AM	80m Hurdles (30")	WOMEN	50 - 59	FINAL / PENTATHLON	
11:50 AM	80m Hurdles (30")	MEN	70 - 79	FINAL	
12:10 PM	100m Hurdles (33")	WOMEN	30 - 39	FINAL / PENTATHLON	
12:15 PM	100m Hurdles (33")	MEN	60 - 69	FINAL	
12:25 PM	100m Hurdles (36")	MEN	50 - 59	FINAL	
12:35 PM	110m Hurdles (39")	MEN	40 - 49	FINAL	
12:40 PM	110m Hurdles (39")	MEN	30 - 39	FINAL	
12:45 PM	HURDLE BREAKDOWN				
1:00 PM	200m	MEN	30 – 80+	PENTATHLON	
1:15 PM	100m	WOMEN	30 – 39	FINAL	
1:20 PM	100m	WOMEN	40 – 49	FINAL	
1:25 PM	100m	WOMEN	50 – 59	FINAL	

TENTATIVE SCHEDULE OF EVENTS

SATURDAY – AUGUST 16, 2025, | TRACK EVENTS (cont'd)

TIME	EVENT	SEX	AGE	ROUND	NO
1:30 PM	100m	WOMEN	60 – 69	FINAL	
1:35 PM	100m	WOMEN	70 – 89	FINAL	
1:40 PM	100m	WOMEN	80+	FINAL	
1:45 PM	100m	MEN	30 – 39	FINAL	
1:50 PM	100m	MEN	40 – 49	FINAL	
1:55 PM	100m	MEN	50 – 59	FINAL	
2:00 PM	100m	MEN	60 – 69	FINAL	
2:05 PM	100m	MEN	70 – 79	FINAL	
2:10 PM	100m	MEN	80+	FINAL	
2:30 PM	400m	WOMEN	30 – 39	FINAL	
2:35 PM	400m	WOMEN	40 – 49	FINAL	
2:40 PM	400m	WOMEN	50 – 59	FINAL	
2:45 PM	400m	WOMEN	60 – 69	FINAL	
2:50 PM	400m	WOMEN	70 – 89	FINAL	
2:55 PM	400m	WOMEN	80+	FINAL	
3:00 PM	400m	MEN	30 – 39	FINAL	
3:05 PM	400m	MEN	40 – 49	FINAL	
3:10 PM	400m	MEN	50 – 59	FINAL	
3:15 PM	400m	MEN	60 – 69	FINAL	
3:20 PM	400m	MEN	70 – 79	FINAL	
3:25 PM	400m	MEN	80+	FINAL	
3:40 PM	4 x 100m	WOMEN	30 – 80+	FINAL	
3:50 PM	4 x 100m	MEN	30 – 80+	FINAL	
4:00 PM	4 x 800m	WOMEN	30 – 80+	FINAL	
4:10 PM	4 x 800m	MEN	30 – 80+	FINAL	
4:30 PM	1500m	WOMEN	30 – 80+	PENTATHLON	
4:50 PM	800m	MEN	30 – 80+	PENTATHLON	

TENTATIVE SCHEDULE OF EVENTS

SATURDAY – AUGUST 16, 2025, | FIELD EVENTS

TIME	EVENT	SEX	AGE	ROUND	NO
9:00 AM	Pole Vault	WOMEN	30 – 80+	FINAL	
9:00 AM	Long Jump	MEN	30 – 80+	PENTATHLON	
9:00 AM	Weight Throw	MEN	30 – 80+	FINAL	
9:00 AM	Shot Put	WOMEN	30 – 80+	FINAL	
10:30 AM	Javelin Throw	MEN	30 – 80+	PENTATHLON	
11:00 AM	Long Jump	WOMEN	30 – 80+	FINAL	
12:30 PM	Weight Throw	WOMEN	30 – 80+	FINAL	
12:30 PM	Shot Put	MEN	30 – 80+	FINAL	
12:45 PM	High Jump	WOMEN	30 – 80+	PENTATHLON	
1:00 PM	Pole Vault	MEN	30 – 80+	FINAL	
1:15 PM	Long Jump	MEN	30 – 80+	FINAL	
2:30 PM	Discus Throw	MEN	30 – 80+	PENTATHLON	
2:45 PM	Shot Put	WOMEN	30 – 80+	PENTATHLON	
3:00 PM	High Jump	MEN	30 – 80+	FINAL	
3:50 PM	Discus Throw	MEN	30 – 80+	FINAL	
3:50 PM	Long Jump	WOMEN	30 – 80+	PENTATHLON	
5:00 PM	Discus Throw	WOMEN	30 – 80+	FINAL	

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
10:30 AM	Javelin Throw
1:00 PM	200m
2:30 PM	Discus Throw
4:30 PM	1500m

FEMALE	
TIME	EVENT
11:15 AM	Hurdles
12:45 PM	High Jump
2:45 PM	Shot Put
3:50 PM	Long Jump
4:50 PM	800m

TENTATIVE SCHEDULE OF EVENTS**SUNDAY – AUGUST 17, 2025, | TRACK EVENTS**

TIME	EVENT	CATEGORY	AGE	ROUND	NO
9:00 AM	3000m	WOMEN	30 – 80+	FINAL	
9:15 AM	3000m	MEN	30 – 80+	FINAL	
9:45 AM	400m Hurdles (36")	MEN	30 – 49	FINAL	
10:00 AM	400m Hurdles (33")	MEN	50 – 59	FINAL	
10:20 AM	400m Hurdles (30")	WOMEN	30 – 49	FINAL	
10:30 AM	300m Hurdles (30")	MEN	60 – 64	FINAL	
10:40 AM	300m Hurdles (30")	WOMEN	50 – 59	FINAL	
11:00 AM	300m Hurdles (27")	MEN	70 – 74	FINAL	
11:10 AM	300m Hurdles (27")	WOMEN	60 – 29	FINAL	
11:30 AM	200m Hurdles (27")	MEN	80+	FINAL	
11:40 AM	200m Hurdles (27")	WOMEN	80+	FINAL	
11:55 AM	800m	WOMEN	30 – 39	FINAL	
12:05 PM	800m	WOMEN	40 – 49	FINAL	
12:15 PM	800m	WOMEN	50 – 59	FINAL	
12:25 PM	800m	WOMEN	60 – 69	FINAL	
12:35 PM	800m	WOMEN	70 – 89	FINAL	
12:45 PM	800m	WOMEN	80+	FINAL	
12:55 PM	800m	MEN	30 – 39	FINAL	
1:05 PM	800m	MEN	40 – 49	FINAL	
1:15 PM	800m	MEN	50 – 59	FINAL	
1:20 PM	800m	MEN	60 – 69	FINAL	
1:35 PM	800m	MEN	70 – 79	FINAL	
1:45 PM	800m	MEN	80+	FINAL	
2:00 AM	200m	WOMEN	30 – 39	FINAL	
2:05 PM	200m	WOMEN	40 – 49	FINAL	
2:10 PM	200m	WOMEN	50 – 59	FINAL	
2:15 PM	200m	WOMEN	60 – 69	FINAL	
2:20 PM	200m	WOMEN	70 – 89	FINAL	

TENTATIVE SCHEDULE OF EVENTS**SUNDAY – AUGUST 17, 2025 (cont'd) | TRACK EVENTS**

TIME	EVENT	SEX	AGE	ROUND	NO
2:25 PM	200m	WOMEN	80+	FINAL	
2:30 PM	200m	MEN	30 – 39	FINAL	
2:35 PM	200m	MEN	40 – 49	FINAL	
2:40 PM	200m	MEN	50 – 59	FINAL	
2:45 PM	200m	MEN	60 – 69	FINAL	
2:50 PM	200m	MEN	70 – 79	FINAL	
2:55 PM	200m	MEN	80+	FINAL	
3:15 PM	3000m Steeplechase	MEN	35 – 39	FINAL	
3:30 PM	2000m Steeplechase	M 60 + W30 – 80+		FINAL	
3:50 PM	4 x 400m	WOMEN	30 – 80+	FINAL	
4:00 PM	4 x 400m	MEN	30 – 80+	FINAL	

SUNDAY – AUGUST 17, 2025, | FIELD EVENTS

TIME	EVENT	SEX	AGE	ROUND	NO
9:00 AM	High Jump	WOMEN	30 – 80+	FINAL	
9:00 AM	Hammer Throw	MEN	30 – 80+	FINAL	
10:30 AM	Javelin Throw	WOMEN	30 – 80+	FINAL	
12:00 PM	Hammer Throw	WOMEN	30 – 80+	FINAL	
2:00 PM	Javelin Throw	MEN	30 – 80+	FINAL	
4:30 PM	Super Weight	MIXED	30 – 80+	FINAL	