

2025 Atlantic Track & Field Championships		
July 19-20, Fortis Canada Games Complex, St. John's		
SCHEDULE OF EVENTS		
Schedule updated on Friday, July 18, 2025		
Session 1 - Saturday Morning, July 19		
Time	Event	Round
10:30	5000m (mixed) U20+	Finals
10:55	100mH M – U16 33”	Timed Finals
11:00	100mH F – U18 30”	Timed Finals
11:00	Triple Jump	Female
11:00	Triple Jump	Male
11:00	High Jump	Male
11:10	300m F U16	Timed Finals
11:15	300m M U16	Timed Finals
11:30	Shot Put	Female
11:30	Shot Put	Male
11:30	400m F U18+	Timed Finals
11:35	400m M U18+	Timed Finals
11:45	400m F Wheelchair	Timed Finals
11:50	400m M Wheelchair	Timed Finals
Session 2 - Saturday Afternoon, July 19		
13:30	100m M U16 +	Timed Finals
13:40	100m F U16 +	Timed Finals
13:55	100m Wheelchair	Timed Finals
14:00	60m F/M Tetrathlon (1) (no blocks)	
14:00	High Jump	Female
14:00	Long Jump	Male
14:00	Discus Throw	Female
14:30	1200m F U16	Finals
14:45	1200m M U16	Finals
14:45	Long Jump - Tetrathlon (2)	Mixed
15:00	Discus Throw	Male
15:00	1500m F U18+	Finals
15:15	1500m F Wheelchair	Finals
15:25	1500m M Wheelchair	Finals
15:30	Pole Vault	Female
15:45	Shot Put 2kg - Tetrathlon (3)	Mixed
15:45	Javelin Throw	Female
16:00	Pole Vault	Male
15:45	4x100m Relay F Open Category	Timed Finals
16:00	4x100m Relay M Open Category	Timed Finals
16:30	600m - Tetrathlon (4)	Mixed

Session 3 - Sunday, July 20		
9:15	800m F - All	Finals
9:30	200m F U16+	Timed Finals
9:45	200m M U16+	Timed Finals
10:00	3000m F - U18+	Finals
10:20	400mH F U18+	Timed Finals
10:30	2000m F - U16	Finals
10:30	Long Jump	Female
10:55	800m M - All	Finals
11:10	2000m SC-F- U18	Finals
11:25	1500m SC – M U16 (no water)	Finals
11:40	4x400m Relay F Open Category	Timed Finals
11:50	4x400m Relay M Open Category	Timed Finals