



(Times are approximate)

DAY 1: WEDNESDAY 2nd July 2025

TRACK EVENTS

TIME	EVENT	CATEGORY	DIVISION
9:00am	110m Hurdles	Heat: No Finals	17+B, 16B
	100m Hurdles	Heat: No Finals	15B, 14B, 17+G, 16G
	3,000metres	Final	15G, 15B
	90m Hurdles	Heat: No Finals	15G, 14G, 13B
	3,000metres	Final	17+G, 17+B
	80m Hurdles	Heat: No Finals	13G, 12G, 12B
11:00am	200metres	Heat: No Finals	17+B, 17+G, 16B, 16G, 15B, 15G, 14B, 14G, 13B, 13G, 12B, 12G
	NOTE: Lunch will be served from midday onwards		
12:15am	800metres	Heat: No Finals	17+B, 17+G, 16B, 16G, 15B, 15G, 14B, 14G, 13B, 13G, 12B, 12G
1:45pm	400metres	Heat: No Finals	17+B, 17+G, 16B, 16G, 15B, 15G, 14B, 14G
2:10pm	Clean Up and Departure		

FIELD EVENTS

TIME	HJ1	HJ2	PIT 1	PIT 2	SHOT	DISCUS	JAV
9:00am	13G	13B		LJ14B	17+B	16G	
10:00am			LJ15B	LJ14G	16B	15G	17+B
10:45am	14B	16G		LJ13G	12G	12B	16B
11:30am			LJ13B	LJ12B	15G	12G	15B
12:15pm	12G		TJ15G	TJ15B	13B	16B	14G
1:00pm		15B	TJ16B	TJ17+B	14B	13B	15G
1:45pm					15B	17+B	13G

PROGRAM OF EVENTS (Times are approximate)

DAY 2: THURSDAY 3rd July 2025

TRACK EVENTS

TIME	EVENT	CATEGORY	DIVISION
9:00am	1500m Walk	Heat: No Finals	14G,15B
	3000m Walk	Heat: No Finals	17+G, 17+B
9:45am	100metres	Heat: No Finals	12B,12G,13B,13G,14B,14G,15B,15G,16B,16G,17+B,17+G
11:15am	1500metres	Heat: No Finals	14B,14G, 15B,15G,16B,16G,17+B,17+G
	NOTE: Lunch will be served from midday onwards		
12:45 pm	4x100metres	Relay	12B,12G,13B, 13G,14B,14G
1:00 pm	4x100metres	Relay	15B,15G,16B,16G, 17+B,17+G
1:45 pm	100 m Champion of Champions	Final	17+G, 17+B
2.10pm	Clean Up and Departure		

FIELD EVENTS

<u>TIME</u>	HJ1	HJ2	PIT 1	PIT 2	SHOT	DISCUS	JAV
9:00am	17+B	15G	LJ12G	LJ16B		17+G	16G
9.45am			LJ17+G	LJ16G	12B	14G	14B
10.30am	14G	16B	LJ17+B	LJ15G	16G	13G	17+G
11.15am			TJ16G	TJ17+G	13G	15B	13B
12.30pm	12B	17+G			17+G	14B	
1.15pm					14G		