

TIMETABLE**Thursday, July 24th, 2025**

TIME	MEN	WOMEN	NONBINARY(**)
11:00	Hammer Throw*	Hammer Throw*	Hammer Throw*
11:05		High Jump	High Jump
11:50	High Jump		
12:20		100m 18-34 M35-40	
12:25		100m M45-55	
12:30	100m 18-34 (2series)		
12:40	100m M35 (2series)		
12:50	100m M40 (2series)		
13:00	100m M45		
13:05	100m M50		
13:10	100m M55		
13:15	100m M60-65		
14:00	Shot Put* group II M45-M90	Shot Put*	Shot Put*
14:00	Long Jump* group I 18-34, M35-M40,		
16:00	Shot Put* group I 18-34, M35-M40,		
16:00	Long Jump* group II M45-M90	Long Jump*	Long Jump*
16:15		400m 18-34 M35	
16:25		400m M40-45	
16:35		400 M50-60	
16:45	400m 18-34 (2series)		
17:05	400m M35 (2series)		
17:25	400m M40 (2series)		
17:35	400m M45		
17:45	400m M50		
17:55	400m M55		
18:05	400m M60 (2series)		
18:25	400m M65		
18:45		1500m	
19:00	1500m 18-34		
19:15	1500m M35-40		
19:30	1500m M45-55		
19:45	1500m M60-65		

Friday, July 25th, 2025

TIME	MEN	WOMEN	NONBINARY
11:00		80m Hurdles M50	80m Hurdles M65
11:20	100m Hurdles M60-65	100m Hurdles 18-34 M40	
11:40	110m Hurdles 18-34 M35		
11:50	110m Hurdles M40-45		
12:00	110m Hurdles M50-55		
12:00	Discus Throw* group II M45-M90		
12:30	300m Hurdles M60-65	300m Hurdles M40-50	300m Hurdles M65
13:00	400m Hurdles 18-34		
13:10	400m Hurdles M35		
13:20	400m Hurdles M40-50		
13:30	Discus Throw* group I M18-34, M35-M40	Discus Throw*	
14:00	Triple Jump*	Triple Jump*	Triple Jump*
15:30	Javelin Throw* group II M45-90	Javelin Throw*	Javelin Throw*
16:50	Javelin Throw* group I 18-34 M35-40		
17:00		200m	
17:10	200m M60-65		
17:20	200m M55		
17:30	200m M50		
17:40	200m M45		
17:50	200m M40		
18:00	200m M35 (2series)		
18:15	200m 18-34 (2series)		
18:30		800m	
18:40	800m M60-65		
18:50	800m M45-55		
19:00	800m M35-40		
19:10	800m 18-34		
19:30	4x100m Relay	4x100m Relay	4x100m Relay

* 3 attempts per athlete

** same distances and weights, heights as women's

Please arrive at the registration desk at least **60 minutes before** the start of your first competition. There is no call room.

Relay runners : please announce your team (EVEN IF DECLARED AT REGISTRATION TIME) on-site before 1pm on Friday at the registration desk.

Schedule can change depending on participation.