

Competition Schedule



Saturday 11 October 2025 | DAY 1

9:00 am	100m	II-2	Men	Heats
9:15 am	10,000m	II-1	Men	Final
10:00 am	100m	II-2	Women	Triathlon
10:00 am	Triple Jump	II-3	Women	Final
10:00 am	Shot Put	II-1	Women	Final
10:04 am	100m	II-2	Men	Triathlon
10:25 am	110m H	II-1	Men	Heptathlon
10:35 am	100m H	II-1	Women	Heptathlon
10:45 am	5,000m	II-1	Women	Final
11:00 am	Long Jump	II-2	Women	Triathlon
11:00 am	Shot Put	II-1	Men	Final
11:20 am	100m	II-1	Women	Heats
11:30 am	100m	II-1	Men	Heats
11:30 am	Long Jump	II-2	Men	Triathlon
11:40 am	High Jump	II-1	Men / Women	Heptathlon
12:00 pm	Shot Put	II-2	Women	Triathlon
12:30 pm	400m	II-1	Men	Heats
12:30 pm	Triple Jump	II-1	Men	Final
12:30 pm	Shot Put	II-1	Men / Women	Heptathlon
12:45 pm	400m	II-1	Women	Heats
3:00 pm	200m	II-1	Men / Women	Heptathlon
3:00 pm	Shot Put	II-2	Men	Triathlon

The scheduled times are subject to change.

Competition Schedule



Sunday 12 October 2025 | DAY 2

11:00 am	1,500m	II-3	Men	Final
11:00 am	1,500m	II-1	Boys	Final
11:00 am	1,500m	II-2	Men	Final
11:00 am	Long Jump	II-1	Men/Women	Final
11:00 am	Javelin	II-3	Men/Women	Final
11:00 am	Javelin	II-1	Girls	Final
11:10 am	1,500m	II-3	Women	Final
11:10 am	1,500m	II-2	Women	Final
11:10 am	1,500m	II-1	Girls	Youth
11:30 am	1,500m	II-1	Women	Final
11:40am	1,500m	II-1	Men	Final
11:40am	Javelin	II-2	Men/Women	Final
12:00 pm	Long Jump	II-1	Men	Qualifier
12:30 pm	400m	II-3	Men	Final
12:34 pm	400m	II-3	Women	Final
12:34 pm	400m	II-2	Women	Final
12:34 pm	Javelin	II-1	Men/Women	Heptathlon
12:40 pm	400m	II-2	Men	Final
1:00 pm	400m	II-1	Boys	Final
1:04 pm	400m	II-1	Girls	Final
1:15 pm	400m	II-1	Women	Final
1:20 pm	400m	II-1	Men	Final
1:35 pm	Javelin	II-1	Women	Final
2:00 pm	100m	II-3	Women	Final
2:00 pm	Pole Vault	II-1	Men	Final
2:04 pm	100m	II-3	Men	Final
2:08 pm	100m	II-2	Women	Final

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Competition Schedule



Sunday 12 October 2025 | DAY 2

2:12 pm	100m	II-2	Men	Final
2:30 pm	100m	II-1	Girls	Final
2:34 pm	100m	II-1	Boys	Final
2:47 pm	100m	II-1	Women	Final
2:52 pm	100m	II-1	Men	Final
2:52 pm	Javelin	II-1	Men	Final
2:57 pm	800m	II-1	Women	Heptathlon
3:15 pm	1,500m	II-1	Men	Heptathlon
3:45 pm	4 x 200m	II-1	Mixed	Final

Monday 13 October 2025 | DAY 3

10:00 am	200m	II-2	Men	Semi-Final
10:00 am	Long Jump	II-3	Men	Final
10:00 am	Long Jump	II-3	Women	Final
10:10 am	200m	II-1	Women	Semi-Final
10:10 am	Discus	II-1	Women	Final
10:20 am	200m	II-1	Men	Semi-Final
11:00 am	Long Jump	II-2	Women	Final
11:15 am	800m	II-1	Men	Semi-Final
11:30 am	Discus	II-1	Men	Final
12:00 pm	1,500m Walk	II-2	Men	Final
12:00 pm	1,500m Walk	II-2	Women	Final
12:00 pm	Long Jump	II-2	Men	Final
12:30 pm	5,000m Walk	II-1	Men	Final
12:30 pm	5,000m Walk	II-1	Women	Final

Competition Schedule



Monday 13 October 2025 | DAY 3

1:10 pm	Discus	II-3	Men	Final
1:10 pm	Discus	II-3	Women	Final
1:10 pm	Discus	II-1	Girls	Final
1:30 pm	400m H	II-1	Men	Final
1:30 pm	Long Jump	II-1	Men	Final
2:30 pm	Steeple	II-1	Men	Final
2:30 pm	Long Jump	II-1	Women	Final
2:30 pm	Discus	II-2	Men	Final
3:30 pm	4 x 100m	II-2	Women	Final
3:30 pm	4 x 100m	II-2	Men	Final
3:30 pm	Discus	II-2	Women	Final
3:45 pm	4 x 100m	II-1	Women	Final
3:50 pm	4 x 100m	II-1	Men	Final

Tuesday 14 October 2025 | DAY 4

10:00 am	110m H	II-3	Men	Final
10:00 am	Hammer Throw	II-1	Women	Final
10:20 am	100m	II-1	Women	Final
10:40 am	5,000m	II-1	Men	Final
11:15 am	800m	II-3	Men	Final
11:15 am	800m	II-1	Boys	Final
11:20 am	800m	II-1	Women	Final
11:20 am	800m	II-1	Girls	Final
11:20 am	800m	II-2	Women	Final

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Competition Schedule

Tuesday 14 October 2025 | DAY 4

11:25 am	High Jump	II-1	Women	Final
11:25 am	Hammer Throw	II-1	Men	Final
11:40 am	800m	II-2	Men	Final
11:45 am	800m	II-1	Women	Final
11:50 am	800m	II-1	Men	Final
12:20 pm	Shot Put	II-3	Men/Women	Final
12:20 pm	Shot Put	II-1	Girls	Final
12:30 pm	200m	II-3	Women	Final
12:35 pm	200m	II-3	Men	Final
12:40 pm	High Jump	II-1	Men	Final
12:50 pm	200m	II-2	Women	Final
12:55 pm	200m	II-2	Men	Final
1:08 pm	200m	II-1	Girls	Final
1:08 pm	200m	II-1	Girls	Final
1:08 pm	Shot Put	II-2	Men	Final
1:08pm	Shot Put	II-2	Women	Final
1:12pm	200m	II-1	Boys	Final
1:17pm	200m	II-1	Women	Final
1:22pm	200m	II-1	Men	Final
2:00pm	3000m	II-1	Women	Final
3:00pm	4 x 400m	II-1	Women	Final
3:10pm	4 x 400m	II-1	Men	Final

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