

Sunday, March 16, 2025				
Sections will run Female then Male, Oldest to Youngest				
Time	Event	Round	Gender	Age Group (# of athletes)
7:30	Facility opens to all athletes			
10:00	60m	Timed Final	Women	All Ages (20)
10:10	60m	Timed Final	Men	All Ages (62)
10:50	3000m RW	Timed Final	Women & Men	All Ages (12)
11:20	Mile Steeplechase 0.762m	Timed Final	Women & Men	W30+ (2) and M60+ (1)
11:30	Mile Steeplechase 0.914m	Timed Final	Men	M30 – M55 (1)
11:45	1500m	Timed Final	Women – Men	All Ages
12:15	400m	Timed Final	Women – Men	All Ages
	Track Break			
1:15	4x800m	Timed Final	Women – Men	All Ages
1:30	60mH (0.991m – 13.72 – 9.14)	Timed Final	Men	M30 (1)
1:30	60mH (0.914m – 12 – 8)	Timed Final	Men	M50 & M55 (5)
1:35	60mH (0.840m – 12 – 8)	Timed Final	Women – Men	M60 (1)
1:35	60mH (0.762m – 12 – 8)	Timed Final	Women – Men	W45 (1)
1:35	60mH (0.686m – 12 – 7)	Timed Final	Men	M80 (1)
1:40	60mH (0.762m – 12 – 7)	Timed Final	Women – Men	W50 – W59 (4) & M70 – M79 (3)
1:50	3000m	Timed Final	Women – Men	All Ages (27)
2:25	200m	Timed Final	Women – Men	All Ages (66)
3:15	800m	Timed Final	Women – Men	All Ages (37)
3:40	4x200m	Timed Final	Women – Men	All Ages
3:50	4x400m	Timed Final	Women – Men	All Ages

Field	Throws Warmup	Throws	Jumps	Jumps	Jumps
7:30	Facility opens to all athletes				
8:00					
8:15	Warmup				
8:30	Main Circle		Warmup	Warmup	
8:45		Weight Throw All Women (3) M40 – M69 (7) 8:45am			High Jump M30 – M64 (9) 9:00am
9:00					
9:15					
9:30	Warmup				
9:45	East Circle				
10:00		Weight Throw M70+ (11) 10:00am			
10:15					
10:30					
10:45	Warmup		Warmup		
11:00	East Circle			Warmup	Warmup
11:15		Shot Put All Women (5) M30 – M49 (5) 11:15am	Pole Vault W40 (1) M50 – M64 (5) 11:30pm	Long Jump M30 – M59 & M65 (14) 11:30am	Long Jump All Women (4) M60 & M70+ (10) 11:30am
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
1:00	Warmup				
1:15	Main Circle				
1:30		Shot Put M60 – M74 (11) 1:30pm	Warmup	Warmup	Warmup
1:45					
2:00			Pole Vault W55 (1) M60+ (5) 2:15pm	Triple Jump M30 – M69 (7) 2:00pm	Triple Jump All Women (2) M70+ (6) 2:00pm
2:15	Warmup				
2:30	East Circle				
2:45		Shot Put M75+ (8) 2:45pm			
3:00					
3:15					