



# COMPETITION SCHEDULE

3rd Division, 24 & 25 June 2025

## DAY 1 Tuesday, 24 June

14:00	Opening Ceremony		
14:30	Hammer Throw	M	F
14:50	Long Jump	M	F
15:45	400m H	W	F1
15:53	400m H	W	F2
16:00	Pole Vault	W	F A
16:00	Pole Vault	W	F B
16:05	400m H	M	F1
16:13	400m H	M	F2
16:20	Discus Throw	W	F
16:25	100m	M	F1
16:30	Shot Put	M	F
16:32	100m	M	F2
16:45	100m	W	F1
16:52	100m	W	F2
17:10	800m	W	F1
17:20	800m	W	F2
17:35	1500m	M	F
17:50	High Jump	M	F A
17:50	High Jump	M	F B
17:50	400m	W	F1
18:00	400m	W	F2
18:05	Long Jump	W	F
18:10	400m	M	F1
18:20	400m	M	F2
18:25	Javelin Throw	W	F
18:30	5000m	M	F
18:55	3000m SC	W	F
19:20	4x100	W	F1
19:28	4x100	W	F2
19:36	4x100	M	F1
19:44	4x100	M	F2

## DAY 2 Wednesday, 25 June

14:30	Hammer Throw	W	F
14:50	Triple Jump	W	F
16:00	Pole Vault	M	F A
16:00	Pole Vault	M	F B
16:25	Discus Throw	M	F
16:30	110m H	M	F1
16:35	Shot Put	W	F
16:40	110m H	M	F2
16:55	100m H	W	F1
17:05	100m H	W	F2
17:20	1500m	W	F
17:35	800m	M	F1
17:45	800m	M	F2
17:50	High Jump	W	F A
17:50	High Jump	W	F B
18:00	200m	W	F1
18:05	Triple Jump	M	F
18:10	200m	W	F2
18:20	200m	M	F1
18:25	Javelin Throw	M	F
18:30	200m	M	F2
18:50	5000m	W	F
19:20	3000m SC	M	F
19:40	4 x 400 Mixed	M	F1
19:50	4 x 400 Mixed	M	F2
20:05	Victory Ceremony		



# COMPETITION SCHEDULE

2nd Division, 28 & 29 June 2025

## DAY 1 Saturday, 28 June

14:30	Hammer Throw	M	F
14:50	Long Jump	M	F
15:45	400m H	W	F1
15:53	400m H	W	F2
16:00	Pole Vault	W	F A
16:00	Pole Vault	W	F B
16:05	400m H	M	F1
16:13	400m H	M	F2
16:25	Discus Throw	W	F
16:30	100m	M	F1
16:36	100m	M	F2
16:40	Shot Put	M	F
16:50	100m	W	F1
16:56	100m	W	F2
17:15	800m	W	F1
17:25	800m	W	F2
17:40	1500m	M	F
17:50	High Jump	M	F A
17:50	High Jump	M	F B
17:55	400m	W	F1
18:05	400m	W	F2
18:05	Long Jump	W	F
18:15	400m	M	F1
18:23	400m	M	F2
18:25	Javelin Throw	W	F
18:35	5000m	M	F
19:00	3000m SC	W	F
19:20	4x100	W	F1
19:28	4x100	W	F2
19:36	4x100	M	F1
19:44	4x100	M	F2

## DAY 2 Sunday, 29 June

14:30	Hammer Throw	W	F
14:50	Triple Jump	W	F
16:00	Pole Vault	M	F A
16:00	Pole Vault	M	F B
16:25	Discus Throw	M	F
16:30	110m H	M	F1
16:35	Shot Put	W	F
16:40	110m H	M	F2
16:55	100m H	W	F1
17:05	100m H	W	F2
17:20	1500m	W	F
17:35	800m	M	F1
17:45	800m	M	F2
17:50	High Jump	W	F A
17:50	High Jump	W	F B
18:00	200m	W	F1
18:05	Triple Jump	M	F
18:10	200m	W	F2
18:20	200m	M	F1
18:25	Javelin Throw	M	F
18:30	200m	M	F2
18:50	5000m	W	F
19:20	3000m SC	M	F
19:40	4 x 400 Mixed	M	F1
19:50	4 x 400 Mixed	M	F2
<b>20:05</b>	<b>Victory Ceremony</b>		