

# AMA Championships 18-21 April 2025 - Final Program

## Day 1 Track

8:15 AM	W30-89 10000 Metre Run	
8:15 AM	M75+ 10000 Metre Run	
<b>9:30 AM</b>	<b>W40 60 Metre Run</b>	<b>Prelims</b>
<b>9:35 AM</b>	<b>W60 60 Metre Run</b>	<b>Prelims</b>
<b>9:40 AM</b>	<b>M40 60 Metre Run</b>	<b>Prelims</b>
<b>9:45 AM</b>	<b>M45 60 Metre Run</b>	<b>Prelims</b>
<b>9:55 AM</b>	<b>M60 60 Metre Run</b>	<b>Prelims</b>
9:58 AM	W30 60 Metre Run	
10:00 AM	W35 60 Metre Run	
10:03 AM	W40 60 Metre Run	
10:06 AM	W45 60 Metre Run	
10:09 AM	W50 60 Metre Run	
10:12 AM	W55 60 Metre Run	
10:15 AM	W60 60 Metre Run	
10:18 AM	W65 60 Metre Run	
10:21 AM	W70 60 Metre Run	
10:24 AM	W75-94 60 Metre Run	
10:33 AM	M30 60 Metre Run	
10:36 AM	M35 60 Metre Run	
10:39 AM	M50 60 Metre Run	
10:42 AM	M55 60 Metre Run	
10:45 AM	M65 60 Metre Run	
10:48 AM	M70 60 Metre Run	
10:51 AM	M75-94 60 Metre Run	
10:57 AM	M40 60 Metre Run	
11:00 AM	M45 60 Metre Run	
11:03 AM	M60 60 Metre Run	
11:10 AM	M30-74 10000 Metre Run	
<b>12:15 PM</b>	<b>W60 100 Metre Run</b>	<b>Prelims</b>
<b>12:20 PM</b>	<b>W40 100 Metre Run</b>	<b>Prelims</b>
<b>12:25 PM</b>	<b>M40 100 Metre Run</b>	<b>Prelims</b>
<b>12:30 PM</b>	<b>M60 100 Metre Run</b>	<b>Prelims</b>
1:13 PM	W30 100 Metre Run	
1:16 PM	W35 100 Metre Run	
1:19 PM	W40 100 Metre Run	
1:22 PM	W45 100 Metre Run	
1:25 PM	W50 100 Metre Run	
1:28 PM	W55 100 Metre Run	
1:31 PM	W60 100 Metre Run	
1:34 PM	W65 100 Metre Run	
1:37 PM	W70 100 Metre Run	
1:40 PM	W75-94 100 Metre Run	
1:46 PM	M30 100 Metre Run	
1:49 PM	M35 100 Metre Run	
1:52 PM	M40 100 Metre Run	
1:55 PM	M45 100 Metre Run	
1:58 PM	M50 100 Metre Run	
2:01 PM	M55 100 Metre Run	
2:04 PM	M60 100 Metre Run	
2:07 PM	M65 100 Metre Run	
2:10 PM	M70 100 Metre Run	
2:15 PM	M75-94 100 Metre Run	
2:30 PM	W30-39 800 Metre Run	
2:36 PM	W40 800 Metre Run	
2:36 PM	W45 800 Metre Run	
2:48 PM	W50-59 800 Metre Run	
2:54 PM	W60 800 Metre Run	
3:00 PM	W65-74 800 Metre Run	
3:06 PM	W75+ 800 Metre Run	
3:12 PM	M40-49 800 Metre Run	
3:18 PM	M30-39 800 Metre Run	
3:24 PM	M50 800 Metre Run	
3:30 PM	M55 800 Metre Run	
3:36 PM	M60 800 Metre Run	
3:42 PM	M65 800 Metre Run	
3:48 PM	M70 800 Metre Run	
3:54 PM	M75-89 800 Metre Run	
4:10 PM	W65-94 1500 Metre Race Walk	
4:10 PM	M65-94 1500 Metre Race Walk	
4:30 PM	W30-64 1500 Metre Race Walk	
4:30 PM	M30-64 1500 Metre Race Walk	

## Day 1 Field

8:00 AM	W80-94 Shot Put	SP 2
8:00 AM	M85-94 Shot Put	SP 2
8:00 AM	M30-39 Long Jump	LJ 1
8:00 AM	M40 Long Jump	LJ 1
8:00 AM	M55 Hammer Throw	Cage 3
8:10 AM	W60 Hammer Throw	Cage 1
8:15 AM	M50 Shot Put	SP 1
8:55 AM	M30-49 Hammer Throw	Cage 3
8:55 AM	W50-64 High Jump	HJ 1
9:05 AM	W40 Shot Put	SP 2
9:20 AM	W75-94 Hammer Throw	Cage 1
9:25 AM	M50 Long Jump	LJ 1
9:40 AM	M60 Shot Put	SP 1
9:40 AM	M65 Shot Put	SP 1
10:15 AM	W45 Shot Put	SP 3
10:25 AM	M45 Long Jump	LJ 1
10:25 AM	W60 Shot Put	SP 2
10:30 AM	W50 Hammer Throw	Cage 1
10:35 AM	M50 Hammer Throw	Cage 3
11:05 AM	W30-39 High Jump	HJ 1
11:05 AM	M70 Shot Put	SP 1
11:25 AM	W70 Hammer Throw	Cage 1
11:40 AM	W55 Shot Put	SP 2
11:40 AM	M60-69 Hammer Throw	Cage 3
11:40 AM	M75-84 Shot Put	SP 3
12:05 PM	M40 Shot Put	SP 1
12:05 PM	M30-39 Shot Put	SP 1
12:05 PM	W50 Shot Put	SP 2
12:55 PM	W65 Hammer Throw	Cage 1
12:55 PM	M85-94 Hammer Throw	Cage 1
1:00 PM	M60 Long Jump	LJ 1
1:00 PM	M55 Long Jump	LJ 1
1:05 PM	W70 Shot Put	SP 3
1:30 PM	W40-49 Hammer Throw	Cage 3
1:45 PM	M55 Shot Put	SP 1
2:05 PM	M70 Hammer Throw	Cage 1
2:05 PM	W65-94 High Jump	HJ 1
2:10 PM	W30-39 Shot Put	SP 2
2:45 PM	M75-94 Long Jump	LJ 1
3:05 PM	M45 Shot Put	SP 1
3:05 PM	W55 Hammer Throw	Cage 3
3:20 PM	M75-84 Hammer Throw	Cage 1
3:40 PM	W65 Shot Put	SP 2
3:40 PM	W75 Shot Put	SP 2
3:45 PM	W40-49 High Jump	HJ 1
4:05 PM	M65-74 Long Jump	LJ 1
4:35 PM	W30-39 Hammer Throw	Cage 3

# FINAL TIMETABLE

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## Day 2 Track

8:00 AM	W65-94 5000 Metre Race Walk	
8:00 AM	M65-94 5000 Metre Race Walk	
9:00 AM	M30-64 5000 Metre Race Walk	
9:00 AM	W30-64 5000 Metre Race Walk	
9:45 AM	W30-54 1500 Metre Run	
9:55 AM	W55-64 1500 Metre Run	
10:05 AM	W65+ 1500 Metre Run	
10:20 AM	M30-49 1500 Metre Run	
10:30 AM	M50-59 1500 Metre Run	
10:40 AM	M60 1500 Metre Run	
10:50 AM	M65-74 1500 Metre Run	
11:05 AM	M75-89 1500 Metre Run	
<b>11:20 AM</b>	<b>W40 200 Metre Run</b>	<b>Prelims</b>
<b>11:25 AM</b>	<b>W60 200 Metre Run</b>	<b>Prelims</b>
<b>11:30 AM</b>	<b>M40 200 Metre Run</b>	<b>Prelims</b>
<b>11:35 AM</b>	<b>M45 200 Metre Run</b>	<b>Prelims</b>
<b>11:40 AM</b>	<b>M50 200 Metre Run</b>	<b>Prelims</b>
<b>11:45 AM</b>	<b>M55 200 Metre Run</b>	<b>Prelims</b>
<b>11:50 AM</b>	<b>M60 200 Metre Run</b>	<b>Prelims</b>
<b>11:55 AM</b>	<b>M70 200 Metre Run</b>	<b>Prelims</b>
12:25 PM	W30 200 Metre Run	
12:28 PM	W35 200 Metre Run	
12:31 PM	W40 200 Metre Run	
12:34 PM	W45 200 Metre Run	
12:37 PM	W50 200 Metre Run	
12:40 PM	W55 200 Metre Run	
12:43 PM	W60 200 Metre Run	
12:46 PM	W65 200 Metre Run	
12:49 PM	W70 200 Metre Run	
12:52 PM	W75-94 200 Metre Run	
1:00 PM	M30 200 Metre Run	
1:03 PM	M35 200 Metre Run	
1:06 PM	M40 200 Metre Run	
1:09 PM	M45 200 Metre Run	
1:12 PM	M50 200 Metre Run	
1:15 PM	M55 200 Metre Run	
1:18 PM	M60 200 Metre Run	
1:21 PM	M65 200 Metre Run	
1:24 PM	M70 200 Metre Run	
1:27 PM	M75-94 200 Metre Run	
2:00 PM	M30-49 400 Long Hurdles	
2:05 PM	M50 400 Long Hurdles	
2:05 PM	M55 400 Long Hurdles	
2:10 PM	W30-49 400 Long Hurdles	
2:20 PM	M60 300 Long Hurdles	
2:25 PM	M65 300 Long Hurdles	
2:30 PM	W50-59 300 Long Hurdles	
2:35 PM	M70-79 300 Long Hurdles	
2:40 PM	W60-69 300 Long Hurdles	
2:50 PM	M80+ 200 Long Hurdles	
2:50 PM	W70+ 200 Long Hurdles	
3:10 PM	Women 100 Metre Run CoC	
3:20 PM	Men 100 Metre Run CoC	
3:30 PM	W30+ 2000 Metre Steeplechase	
3:45 PM	M60+ 2000 Metre Steeplechase	
4:00 PM	M30-59 3000 Metre Steeplechase	
4:20 PM	W30+ 4x100 Metre Relay State 120+	
4:25 PM	M30+ 4x100 Metre Relay State 120+	
4:30 PM	W30+ 4x100 Metre Relay State 180+	
4:35 PM	M30+ 4x100 Metre Relay State 180+	
4:40 PM	W30+ 4x100 Metre Relay State 240+	
4:45 PM	M30+ 4x100 Metre Relay State 240+	

## Day 2 Field

8:00 AM	M30-39 Discus Throw	Cage 1
8:00 PM	M40 Discus Throw	Cage 1
8:00 AM	W50 Discus Throw	Cage 2
8:00 AM	W55 Javelin Throw	Jav 1
8:00 AM	M55 Javelin Throw	Jav 2
8:00 AM	M50 Javelin Throw	Jav 2
8:10 AM	W60-69 Long Jump	LJ 1
8:15 AM	M65 Discus Throw	Cage 3
8:30 AM	W75-94 Javelin Throw	Jav 3
8:30 AM	M85-94 Javelin Throw	Jav 3
8:50 AM	W70 Discus Throw	Cage 2
9:20 AM	M65 Javelin Throw	Jav 1
9:20 AM	M70 Javelin Throw	Jav 2
9:25 AM	M50 Discus Throw	Cage 1
9:30 AM	M30-49 High Jump	HJ 1
9:50 AM	W70-94 Long Jump	LJ 1
10:05 AM	M75-84 Javelin Throw	Jav 3
10:05 AM	W65 Discus Throw	Cage 2
10:05 AM	W75-94 Discus Throw	Cage 2
10:25 AM	W50 Javelin Throw	Jav 1
10:35 AM	M45 Discus Throw	Cage 3
10:35 AM	M60 Javelin Throw	Jav 2
10:40 AM	M70 Discus Throw	Cage 1
11:15 AM	M60-69 High Jump	HJ 1
11:25 AM	W60 Discus Throw	Cage 2
11:30 AM	W70 Javelin Throw	Jav 3
11:30 AM	W30-39 Long Jump	LJ 1
11:35 AM	W65 Javelin Throw	Jav 1
11:50 AM	M75 Discus Throw	Cage 3
12:00 PM	W40 Javelin Throw	Jav 2
12:45 PM	W30-39 Discus Throw	Cage 1
12:45 PM	W60 Javelin Throw	Jav 1
12:55 PM	M80-94 Discus Throw	Cage 3
1:05 PM	W55 Discus Throw	Cage 2
1:05 PM	M45 Javelin Throw	Jav 2
1:05 PM	W40-49 Long Jump	LJ 1
1:15 PM	M50-59 High Jump	HJ 1
1:55 PM	M55 Discus Throw	Cage 1
2:00 PM	W30-39 Javelin Throw	Jav 1
2:25 PM	W45 Discus Throw	Cage 3
2:30 PM	M30-44 Javelin Throw	Jav 2
2:35 PM	W55 Long Jump	LJ 1
3:00 PM	W40 Discus Throw	Cage 2
3:00 PM	M70-94 High Jump	HJ 1
3:10 PM	M60 Discus Throw	Cage 1
3:40 PM	W45 Javelin Throw	Jav 2
3:40 PM	W50 Long Jump	LJ 1

## FINAL TIMETABL

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# AMA Championships 18-21 April 2025 - Final Program

## Day 3 Track

8:00 AM	W30-59 5000 Metre Run
8:35 AM	M70-89 5000 Metre Run
9:15 AM	W60+ 5000 Metre Run
9:55 AM	M30-59 5000 Metre Run
10:30 AM	M30-49 110 Short Hurdles
10:35 AM	M50 100 Short Hurdles
10:40 AM	M55 100 Short Hurdles
10:45 AM	W30-39 100 Short Hurdles
10:50 AM	M60-69 100 Short Hurdles
10:55 AM	W40-49 80 Short Hurdles
11:00 AM	M70-79 80 Short Hurdles
11:05 AM	W50-59 80 Short Hurdles
11:10 AM	M80+ 80 Short Hurdles
11:15 AM	W60+ 80 Short Hurdles
11:30 AM	M60-69 5000 Metre Run
12:10 PM	W30 400 Metre Run
12:15 PM	W35 400 Metre Run
12:20 PM	W40 400 Metre Run
12:25 PM	W45 400 Metre Run
12:30 PM	W50 400 Metre Run
12:35 PM	W55 400 Metre Run
12:40 PM	W60 400 Metre Run
12:45 PM	W65 400 Metre Run
12:50 PM	W70-94 400 Metre Run
1:00 PM	M30 400 Metre Run
1:05 PM	M40 400 Metre Run
1:10 PM	M45 400 Metre Run
1:15 PM	M50 400 Metre Run
1:20 PM	M55 400 Metre Run
1:25 PM	M60 400 Metre Run
1:30 PM	M65 400 Metre Run
1:35 PM	M70 400 Metre Run
1:40 PM	M35 400 Metre Run
1:45 PM	M75-94 400 Metre Run
2:30 PM	Mixed 30+ 4x400 Metre Relay State 120+
2:30 PM	Mixed 30+ 4x400 Metre Relay State 180+
2:30 PM	Mixed 30+ 4x400 Metre Relay State 240+

## Day 3 Pentathlon

8:15 AM	Outdoor Pentathlon: #1 M30-49 Long Jump	LJ 1
9:20 AM	Outdoor Pentathlon: #2 M30-49 Javelin Throw	Jav 1
10:20 AM	Outdoor Pentathlon: #3 M30-49 200 Metre Run	Track
1:20 PM	Outdoor Pentathlon: #4 M30-49 Discus Throw	Cage 3
3:40 PM	Outdoor Pentathlon: #5 M30-49 1500 Metre Run	Track
9:20 AM	Outdoor Pentathlon: #1 M50-59 Long Jump	LJ 1
10:25 AM	Outdoor Pentathlon: #2 M50-59 Javelin Throw	Jav 1
11:20 AM	Outdoor Pentathlon: #3 M50-59 200 Metre Run	Track
2:15 PM	Outdoor Pentathlon: #4 M50-59 Discus Throw	Cage 3
3:40 PM	Outdoor Pentathlon: #5 M50-59 1500 Metre Run	Track
10:30 AM	Outdoor Pentathlon: #1 M60-69 Long Jump	LJ 1
11:30 AM	Outdoor Pentathlon: #2 M60-69 Javelin Throw	Jav 1
12:00 PM	Outdoor Pentathlon: #3 M60-69 200 Metre Run	Track
3:10 PM	Outdoor Pentathlon: #4 M60-69 Discus Throw	Cage 3
3:40 PM	Outdoor Pentathlon: #5 M60-69 1500 Metre Run	Track
11:40 AM	Outdoor Pentathlon: #1 M70-94 Long Jump	LJ 1
12:40 PM	Outdoor Pentathlon: #2 M70-94 Javelin Throw	Jav 1
1:50 PM	Outdoor Pentathlon: #3 M70-94 200 Metre Run	Track
4:10 PM	Outdoor Pentathlon: #4 M70-94 Discus Throw	Cage 3
5:00 PM	Outdoor Pentathlon: #5 M70-94 1500 Metre Run	Track
11:10 AM	Throws Pentathlon: #1 W30-39 Hammer Throw	Cage 1
12:05 PM	Throws Pentathlon: #2 W30-39 Shot Put	SP 1
12:35 PM	Throws Pentathlon: #3 W30-39 Discus Throw	Cage 3
1:20 PM	Throws Pentathlon: #4 W30-39 Javelin Throw	Jav 2
2:15 PM	Throws Pentathlon: #5 W30-39 Weight Throw	Cage 2
10:25 AM	Throws Pentathlon: #1 W40-49 Hammer Throw	Cage 1
11:20 AM	Throws Pentathlon: #2 W40-49 Shot Put	SP 1
11:50 AM	Throws Pentathlon: #3 W40-49 Discus Throw	Cage 3
12:35 PM	Throws Pentathlon: #4 W40-49 Javelin Throw	Jav 2
1:30 PM	Throws Pentathlon: #5 W40-49 Weight Throw	Cage 2
9:30 AM	Throws Pentathlon: #1 W50-59 Hammer Throw	Cage 1
10:25 AM	Throws Pentathlon: #2 W50-59 Shot Put	SP 1
10:55 AM	Throws Pentathlon: #3 W50-59 Discus Throw	Cage 3
11:40 AM	Throws Pentathlon: #4 W50-59 Javelin Throw	Jav 2
12:40 PM	Throws Pentathlon: #5 W50-59 Weight Throw	Cage 2
8:45 AM	Throws Pentathlon: #1 W60-69 Hammer Throw	Cage 1
9:30 AM	Throws Pentathlon: #2 W60-69 Shot Put	SP 1
10:15 AM	Throws Pentathlon: #3 W60-69 Discus Throw	Cage 3
11:00 AM	Throws Pentathlon: #4 W60-69 Javelin Throw	Jav 2
11:50 AM	Throws Pentathlon: #5 W60-69 Weight Throw	Cage 2
8:00 AM	Throws Pentathlon: #1 W70-94 Hammer Throw	Cage 1
8:45 AM	Throws Pentathlon: #2 W70-94 Shot Put	SP 1
9:30 AM	Throws Pentathlon: #3 W70-94 Discus Throw	Cage 3
10:15 AM	Throws Pentathlon: #4 W70-94 Javelin Throw	Jav 2
11:00 AM	Throws Pentathlon: #5 W70-94 Weight Throw	Cage 2

## Day 3 Field

8:00 AM	M70 Weight Throw	Cage 2
8:55 AM	M65 Weight Throw	Cage 2
8:55 AM	M75 Weight Throw	Cage 2
9:00 AM	W55-69 Triple Jump	TJ 1
9:50 AM	M80 Weight Throw	Cage 2
10:35 AM	M85-94 Weight Throw	Cage 2
10:40 AM	W70 Triple Jump	TJ 1
11:45 AM	W75-94 Triple Jump	TJ 1
11:55 AM	M50 Weight Throw	Cage 1
12:50 PM	M30-39 Weight Throw	Cage 1
12:50 PM	W45-54 Triple Jump	TJ 1
1:25 PM	M55 Weight Throw	Cage 1
2:10 PM	M60 Weight Throw	Cage 1
2:20 PM	W30-44 Triple Jump	TJ 1
2:50 PM	M45 Weight Throw	Cage 1
3:45 PM	Men Weight Throw CoC	Cage 1

# AMA Championships 18-21 April 2025 - Final Program

## Day 4 Pentathlons

10:30 AM	Outdoor Pentathlon: #1 W30-44 100 Metre Run	Track
11:15 AM	Outdoor Pentathlon: #2 W30-44 Shot Put	SP 2
12:00 PM	Outdoor Pentathlon: #3 W30-44 Long Jump	LJ 1
12:45 PM	Outdoor Pentathlon: #4 W30-44 Javelin Throw	Jav 2
1:30 PM	Outdoor Pentathlon: #5 W30-44 800 Metre Run	Track
12:00 PM	Outdoor Pentathlon: #1 W45-54 100 Metre Run	Track
12:45 PM	Outdoor Pentathlon: #2 W45-54 Shot Put	SP 2
1:30 PM	Outdoor Pentathlon: #3 W45-54 Long Jump	LJ 1
2:15 PM	Outdoor Pentathlon: #4 W45-54 Javelin Throw	Jav 2
3:00 PM	Outdoor Pentathlon: #5 W45-54 800 Metre Run	Track
11:15 AM	Outdoor Pentathlon: #1 W55-64 100 Metre Run	Track
12:00 PM	Outdoor Pentathlon: #2 W55-64 Shot Put	SP 2
12:45 PM	Outdoor Pentathlon: #3 W55-64 Long Jump	LJ 1
1:30 PM	Outdoor Pentathlon: #4 W55-64 Javelin Throw	Jav 2
2:15 PM	Outdoor Pentathlon: #5 W55-64 800 Metre Run	Track
12:00 PM	Outdoor Pentathlon: #1 W65-89 100 Metre Run	Track
1:30 PM	Outdoor Pentathlon: #2 W65-89 Shot Put	SP 2
2:15 PM	Outdoor Pentathlon: #3 W65-89 Long Jump	LJ 1
3:00 PM	Outdoor Pentathlon: #4 W65-89 Javelin Throw	Jav 2
3:50 PM	Outdoor Pentathlon: #5 W65-89 800 Metre Run	Track
9:25 AM	Throws Pentathlon: #1 M30-49 Hammer Throw	Cage 3
10:10 AM	Throws Pentathlon: #2 M30-49 Shot Put	SP 1
11:00 AM	Throws Pentathlon: #3 M30-49 Discus Throw	Cage 1
11:50 AM	Throws Pentathlon: #4 M30-49 Javelin Throw	Jav 2
12:50 PM	Throws Pentathlon: #5 M30-49 Weight Throw	Cage 2
8:00 AM	Throws Pentathlon: #1 M50-59 Hammer Throw	Cage 3
8:45 AM	Throws Pentathlon: #2 M50-59 Shot Put	SP 1
9:30 AM	Throws Pentathlon: #3 M50-59 Discus Throw	Cage 1
10:15 AM	Throws Pentathlon: #4 M50-59 Javelin Throw	Jav 2
11:45 AM	Throws Pentathlon: #5 M50-59 Weight Throw	Cage 2
8:45 AM	Throws Pentathlon: #1 M60-69 Hammer Throw	Cage 3
9:30 AM	Throws Pentathlon: #2 M60-69 Shot Put	SP 1
10:15 AM	Throws Pentathlon: #3 M60-69 Discus Throw	Cage 1
11:00 AM	Throws Pentathlon: #4 M60-69 Javelin Throw	Jav 2
12:25 PM	Throws Pentathlon: #5 M60-69 Weight Throw	Cage 2
11:10 AM	Throws Pentathlon: #1 M70-79 Hammer Throw	Cage 3
11:55 AM	Throws Pentathlon: #2 M70-79 Shot Put	SP 1
12:40 PM	Throws Pentathlon: #3 M70-79 Discus Throw	Cage 1
1:30 PM	Throws Pentathlon: #4 M70-79 Javelin Throw	Jav 2
2:20 PM	Throws Pentathlon: #5 M70-79 Weight Throw	Cage 2
10:10 AM	Throws Pentathlon: #1 M80-94 Hammer Throw	Cage 3
11:00 AM	Throws Pentathlon: #2 M80-94 Shot Put	SP 1
11:50 AM	Throws Pentathlon: #3 M80-94 Discus Throw	Cage 1
12:35 PM	Throws Pentathlon: #4 M80-94 Javelin Throw	Jav 2
1:20 PM	Throws Pentathlon: #5 M80-94 Weight Throw	Cage 2

## Day 4 Field

8:00 AM	W55 Weight Throw	Cage 2
8:30 AM	M30-49 Triple Jump	TJ 1
9:00 AM	W70 Weight Throw	Cage 2
10:00 AM	W30 Weight Throw	Cage 2
10:00 AM	W65 Weight Throw	Cage 2
10:00 AM	W75 Weight Throw	Cage 2
10:00 AM	W80 Weight Throw	Cage 2
10:25 AM	M50-59 Triple Jump	TJ 1
10:25 AM	M60-69 Triple Jump	TJ 1
10:30 AM	W30-54 Pole Vault	PV 1
10:30 AM	W55-94 Pole Vault	PV 1
11:15 AM	W35-44 Weight Throw	Cage 2
12:20 PM	M70-94 Triple Jump	TJ 1
1:30 PM	M30-54 Pole Vault	PV 1
1:30 PM	M55-94 Pole Vault	PV 1
2:00 PM	W45 Weight Throw	Cage 2
2:00 PM	W50 Weight Throw	Cage 2
2:50 PM	W60 Weight Throw	Cage 2
3:45 PM	Women Weight Throw CoC	Cage 2

## Cross Country

8:00 AM	W70+ 6k Run CC
8:00 AM	M70+ 6k Run CC
9:00 AM	W30-69 8k Run CC
9:00 AM	M30-69 8k Run CC

## Road Walk

8:00 AM	W30+ 10k Race Walk RR
8:00 AM	M30+ 10k Race Walk RR

# FINAL TIMETABLE

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