2025

FRIDAY 12/12

I EN I A I I I

Men

Men

Men

Men (1)

COMBINED EVENTS

1:00 PM

HEP - 60m 1:45 PM **HEP** - Long Jump Men 2:45 PM HEP - Shot Put Men HFP - High Jump

4:00 PM SATURDAY 12/13

COMBINED EVENTS

10:30 AM PENT - 60m Hurdles Women **HEP -** 60m Hurdles 10:35 AM Men

11:05 AM PENT - High Jump Women **HEP** - Pole Vault 11:30 AM Men PENT - Shot Put 12:15 PM Women Women 1:15 PM PENT - Long Jump 2:25 PM **PENT -** 800m Women

HFP - 1000m

FIELD EVENTS

2:35 PM

11:00 AM Weight Throw (HTRC) Women then Men Following WT Shot Put (HTRC) Women then Men Men + Women 12:15 PM High Jump 1:00 PM Pole Vault Women then Men

2:30 PM Long Jump Men + Women Men + Women 4:00 PM Triple Jump RUNNING EVENTS SECTIONS

1:15 PM

Infield open for 60m Hurdles warm-up NATIONAL ANTHEM

1:55 PM 2:00 PM Mile

2:10 PM Mile Women (1) 2:20 PM 60m Hurdles Prelims Women (2) 2:25 PM 60m Hurdles Prelims Men (2)

2:25 PM **PENT -** 800m Women (1) Infield open for 60m + 1000m warm-up 2:30 PM 2:30 PM 600m Men (3)

2:35 PM **HEP - 1000m** Men (1) 2:40 PM 600m Women (3) 3:00 PM 60m Prelims Men (2) 3:05 PM 60m Prelims Women (2)

Infield open for 60m Hurdles + 300m warm-up 3:55 PM 3:15 PM 1000m Men (1) Women (2) 3:20 PM 1000m 3:30 PM 60m Hurdles Finals Men (1)

3:35 PM 60m Hurdles Finals Women (1) Infield open for 60m Finalswarm-up 3:40 PM 300m 3:40 PM Men (3) 300m 3:50 PM Women (3)

4:05 PM 60m Finals Men (1) 4:10 PM 60m Finals Women (1) 4:20 PM Infield open for 200m + 4x400m Relay warm-up

Men (1) 4:20 PM 3000m 4:35 PM 3000m Women (1) 4:55 PM 200m Men (3) 5:05 PM 200m Women (3) HERKY KIDS' RACE

5:20 PM 5:25 PM 4 x 400m Relay Men (2) 5:35 PM 4 x 400m Relay Women (2)