

**WMA Indoor Schedule - ALACHUA COUNTY, GAINSVILLE, FL 23-30 MARCH 2025**

WMAi 2025		Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
60m	Heats	Women	Men						
	Semifinals	Women	Men						
	Finals		Women	Men					
200m	Heats				Men	Women			
	Semifinals				Men	Women			
	Finals					Men	Women		
400m	Semifinals *							ALL	
	Finals								ALL
800m	Semifinals	ALL							
	Finals		ALL						
1500m	Semifinals						ALL		
	Finals							ALL	
3000m	Finals			Men	Women				
60m hurdles	Heats							ALL	
	Semifinals								ALL
	Finals								ALL
3000m Walk						Women	Men		
Cross Country	All								
10km Walk Road									All
10km Run Road								All	
4 x 200m	Finals								All
4 x 200m mixed	Finals								All
Pentathlon		M65+/W50-60	M55-60/W65+	M35-50/W35-45					
Long Jump					W35-55	W60+	M50-60	M35-45/M80+	M65-75
Triple Jump					M35-45/M80+	M50-60	W35-55	M65-75	W60+
High Jump					M50-60	M65-75	W60+	W35-55	M35-45/M80+
Pole Vault					M65-75	W35-55	M35-45/M80+	W60+	M50-60
Shot Put			M35-45	M60-65	M70-75	W35-50	W55-65	W70+/M80+	M50-55
Weight Throw			W35-50	M70-75	W55-65	W70+/M80+	M35-45	M50-55	M60-65
Javelin			W55-65	W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50
Discus			W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50	W55-65
Hammer			M50-55	W55-65	W35-50	M35-45	W70+/M80+	M60-65	M70-75

\* = special advancement table

* 400m special advancement table			
# Competitors	# Semi	Advancement	Final
1-6	0		1
7-12	2	2 P + 2 T	1
13-18	3	1 P + 3 T	1
19-24	4	1 P + 2 T	1
25-30	5	6 T	1
31-36	6	6 T	1
37-42	7	6 T	1
43-48	8	6 T	1
49-54	9	6 T	1

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS**

**COMPETITION TIMETABLE**

**Sunday, March 23, 2025**

<b>Alachua County Sports and Events Center</b>			
<b>Race Time</b>	<b>Event</b>	<b>Cat</b>	<b>Type</b>
<b>9:00</b>	<b>Hurdles</b>	<b>W60</b>	<b>Pentathlon</b>
<b>9:15</b>	<b>Hurdles</b>	<b>W55</b>	<b>Pentathlon</b>
<b>9:30</b>	<b>Hurdles</b>	<b>M80+</b>	<b>Pentathlon</b>
9:45	60m	W65	Heats
10:00	60m	W60	Heats
<b>10:30</b>	<b>Hurdles</b>	<b>M75</b>	<b>Pentathlon</b>
<b>11:00</b>	<b>Hurdles</b>	<b>W50</b>	<b>Pentathlon</b>
11:15	60m	W55	Heats
11:35	60m	W50	Heats
11:55	60m	W45	Heats
12:10	60m	W80	SemiF
12:18	60m	W75	SemiF
12:26	60m	W70	SemiF
12:34	60m	W65	SemiF
<b>13:00</b>	<b>Hurdles</b>	<b>M70</b>	<b>Pentathlon</b>
<b>13:30</b>	<b>Hurdles</b>	<b>M65</b>	<b>Pentathlon</b>
14:00	60m	W60	SemiF
14:08	60m	W55	SemiF
14:15	60m	W50	SemiF
14:23	60m	W45	SemiF
14:30	60m	W40	SemiF
14:36	60m	W35	SemiF
15:15	800m	M80	SemiF
15:20	800m	M75	SemiF
15:32	800m	M70	SemiF
15:45	800m	M65	SemiF
16:05	800m	M60	SemiF
16:30	800m	M55	SemiF
16:50	800m	M50	SemiF
17:05	800m	M45	SemiF
17:20	800m	M40	SemiF
17:50	800m	M35	SemiF
18:05	800m	W75	SemiF
18:10	800m	W65	SemiF
18:20	800m	W60	SemiF
18:30	800m	W55	SemiF
18:45	800m	W50	SemiF
19:00	800m	W45	SemiF
19:15	800m	W40	SemiF
19:30	800m	W35	SemiF

<b>West End</b>	
<b>Cross Country</b>	
<b>Start Time</b>	<b>Cat</b>
9:00	M70+/W70+
10:15	W35-69
11:15	M55-69
12:15	M35-54

<b>Alachua County Sports and Events Center</b>	
<b>Pentathlon Events</b>	
<b>Cat</b>	<b>Order of Events</b>
Women	Hurdles, High Jump, Shot Put
	Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put
	High Jump, 1000m

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS**

**COMPETITION TIMETABLE**

**Monday, March 24, 2025**

**Alachua County Sports and Events Center**

Race Time	Event	Cat	Type
9:00	Hurdles	W75+	Pentathlon
9:15	Hurdles	W70	Pentathlon
9:30	Hurdles	M60	Pentathlon
9:50	60m	M75	Heats
10:05	60m	M70	Heats
10:45	Hurdles	W65	Pentathlon
11:00	60m	M65	Heats
11:30	60m	M60	Heats
12:00	60m	M55	Heats
12:30	Hurdles	M55	Pentathlon
12:50	60m	M50	Heats
13:20	60m	M45	Heats
13:40	60m	M40	Heats
14:15	60m	M35	Heats
14:30	60m	W85+	Final
14:34	60m	W80	Final
14:38	60m	W75	Final
14:42	60m	W70	Final
14:46	60m	W65	Final
14:50	60m	W60	Final
14:54	60m	W55	Final
14:58	60m	W50	Final
15:02	60m	W45	Final
15:06	60m	W40	Final
15:10	60m	W35	Final
15:30	800m	W80+	Final
15:38	800m	W75	Final
15:45	800m	W70	Final
15:57	800m	W65	Final
16:03	800m	W60	Final
16:09	800m	W55	Final
16:15	800m	W50	Final
16:21	800m	W45	Final
16:27	800m	W40	Final
16:33	800m	W35	Final
16:39	800m	M90	Final
16:45	800m	M85	Final
16:51	800m	M80	Final
16:57	800m	M75	Final
17:03	800m	M70	Final
17:09	800m	M65	Final
17:15	800m	M60	Final
17:21	800m	M55	Final

Race Time	Event	Cat	Type
17:27	800m	M50	Final
17:33	800m	M45	Final
17:39	800m	M40	Final
17:45	800m	M35	Final
18:00	60m	M90	SemiF
18:05	60m	M85	SemiF
18:11	60m	M80	SemiF
18:17	60m	M75	SemiF
18:23	60m	M70	SemiF
18:29	60m	M65	SemiF
18:40	60m	M60	SemiF
18:50	60m	M55	SemiF
19:50	60m	M50	SemiF
20:00	60m	M45	SemiF
20:07	60m	M40	SemiF
20:20	60m	M35	SemiF

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	M45
17:00	Shot Put	M40
19:00	Shot Put	M35
9:00	Weight T	W40
14:45	Weight T	W45
16:15	Weight T	W35
17:45	Weight T	W50

West End		
Outdoor Throws		
Start Time	Event	Cat
9:00	Discus	M85+
10:15	Discus	M80
11:15	Discus	W70
13:00	Discus	W80+
14:30	Discus	W75
9:30	Javelin	W60
11:30	Javelin	W65
13:30	Javelin	W55
9:45	Hammer	M55
11:15	Hammer	M50

Alachua County Sports and Events Center	
Pentathlon Events	
Cat	Order of Events
Women	Hurdles, High Jump, Shot Put Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put High Jump, 1000m

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS**

**COMPETITION TIMETABLE**

**Tuesday, March 25, 2025**

<b>Alachua County Sports and Events Center</b>			
<b>Race Time</b>	<b>Event</b>	<b>Cat</b>	<b>Type</b>
9:00	<b>Hurdles</b>	<b>W45</b>	<b>Pentathlon</b>
9:15	<b>Hurdles</b>	<b>W35,40</b>	<b>Pentathlon</b>
9:30	<b>Hurdles</b>	<b>M35</b>	<b>Pentathlon</b>
9:45	<b>Hurdles</b>	<b>M50</b>	<b>Pentathlon</b>
10:15	60m	M90,100	Final
10:20	60m	M85	Final
10:24	60m	M80	Final
10:28	60m	M75	Final
10:32	60m	M70	Final
10:36	60m	M65	Final
10:40	60m	M60	Final
10:44	60m	M55	Final
10:48	60m	M50	Final
10:52	60m	M45	Final
10:56	60m	M40	Final
11:00	60m	M35	Final
11:30	<b>Hurdles</b>	<b>M45</b>	<b>Pentathlon</b>
11:45	3000m	M85+	Final
12:15	3000m	M80	Final
12:45	<b>Hurdles</b>	<b>M40</b>	<b>Pentathlon</b>
13:00	3000m	M75	Final
13:30	3000m	M70	Final 1
13:50	3000m	M70	Final 2
14:10	3000m	M65	Final 1
14:30	3000m	M65	Final 2
14:45	3000m	M60	Final 1
15:05	3000m	M60	Final 2
15:20	3000m	M55	Final 1
15:35	3000m	M55	Final 2
15:50	3000m	M50	Final 1
16:05	3000m	M50	Final 2
16:20	3000m	M45	Final
16:35	3000m	M40	Final 1
16:50	3000m	M40	Final 2
17:05	3000m	M35	Final

  

<b>Indoor Throws</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:00	Shot Put	M60
16:15	Shot Put	M65
9:15	Weight T	M75
15:00	Weight T	M70

  

<b>West End</b>		
<b>Outdoor Throws</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:00	Javelin	W75+
11:00	Javelin	W70
12:30	Javelin	M85+
14:00	Javelin	M80
9:30	Discus	M45
11:15	Discus	M40
12:45	Discus	M35
9:15	Hammer	W65
11:30	Hammer	W60
13:30	Hammer	W55

  

<b>Alachua County Sports and Events Center</b>	
<b>Pentathlon Events</b>	
<b>Cat</b>	<b>Order of Events</b>
Women	Hurdles, High Jump, Shot Put Long Jump, 800m
Men	Hurdles, Long Jump, Shot Put High Jump, 1000m

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS  
 COMPETITION TIMETABLE  
 Wednesday, March 26, 2025**

<b>Alachua County Sports and Events Center</b>			
<b>Race Time</b>	<b>Event</b>	<b>Cat</b>	<b>Type</b>
9:00	200m	M80	Heats
9:15	200m	M75	Heats
9:30	200m	M70	Heats
10:00	200m	M65	Heats
10:30	200m	M60	Heats
11:10	200m	M55	Heats
11:40	200m	M50	Heats
12:15	200m	M45	Heats
12:45	200m	M40	Heats
13:20	200m	M35	Heats
14:00	3000m	W70+	Final
14:30	3000m	W65	Final
15:00	3000m	W60	Final
15:20	3000m	W55	Final
15:40	3000m	W50	Final
16:05	3000m	W45	Final
16:25	3000m	W40	Final
16:40	3000m	W35	Final
17:00	200m	M85	SemiF
17:08	200m	M80	SemiF
17:15	200m	M75	SemiF
17:22	200m	M70	SemiF
17:30	200m	M65	SemiF
17:37	200m	M60	SemiF
17:45	200m	M55	SemiF
17:55	200m	M50	SemiF
18:05	200m	M45	SemiF
18:15	200m	M40	SemiF
18:25	200m	M35	SemiF

<b>Indoor Jumps</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:00	Long Jump	W45
11:00	Long Jump	W40
12:30	Long Jump	W35
14:00	Long Jump	W50
16:00	Long Jump	W55
9:15	Triple Jump	M35
10:45	Triple Jump	M85+
12:15	Triple Jump	M80
14:00	Triple Jump	M45
15:30	Triple Jump	M40
10:00	High Jump 1	M50
11:00	High Jump 2	M55
12:30	High Jump 1	M60
10:00	Pole Vault	M65
13:00	Pole Vault	M75
15:15	Pole Vault	M70

<b>Indoor Throws</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:15	Weight T	W55
11:15	Weight T	W65
13:15	Weight T	W60
9:45	Shot Put	M75
12:00	Shot Put	M70

<b>West End</b>		
<b>Outdoor Throws</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:30	Javelin	M45
11:30	Javelin	M40
13:00	Javelin	M35
9:15	Discus	M55
11:30	Discus	M50
9:00	Hammer	W50
11:00	Hammer	W45
12:45	Hammer	W40
14:30	Hammer	W35

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS  
 COMPETITION TIMETABLE  
 Thursday, March 27, 2025**

<b>Alachua County Sports and Events Center</b>			
<b>Race Time</b>	<b>Event</b>	<b>Cat</b>	<b>Type</b>
9:00	3000m Race Walk	W75+	Final
9:40	3000m Race Walk	W70	Final
10:20	3000m Race Walk	W65	Final
11:00	3000m Race Walk	W60	Final
11:35	3000m Race Walk	W55	Final
12:05	3000m Race Walk	W45,50	Final
12:40	3000m Race Walk	W35,40	Final
13:15	200m	W65	Heats
13:40	200m	W60	Heats
14:00	200m	W55	Heats
14:25	200m	W50	Heats
14:45	200m	W45	Heats
15:10	200m	W40	Heats
15:30	200m	W35	Heats
15:45	200m	M90	Final
15:50	200m	M85	Final
15:55	200m	M80	Final
16:00	200m	M75	Final
16:05	200m	M70	Final
16:10	200m	M65	Final
16:15	200m	M60	Final
16:20	200m	M55	Final
16:25	200m	M50	Final
16:30	200m	M45	Final
16:35	200m	M40	Final
16:40	200m	M35	Final
16:45	200m	W80	SemiF
16:52	200m	W75	SemiF
17:05	200m	W70	SemiF
17:15	200m	W65	SemiF
17:25	200m	W60	SemiF
17:35	200m	W55	SemiF
17:45	200m	W50	SemiF
17:55	200m	W45	SemiF
18:05	200m	W40	SemiF
18:15	200m	W35	SemiF

  

<b>Indoor Jumps</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:00	Long Jump	W80+
10:30	Long Jump	W75
12:00	Long Jump	W70
13:30	Long Jump	W65
15:30	Long Jump	W60
9:15	Triple Jump	M60
11:15	Triple Jump	M55
13:15	Triple Jump	M50
10:00	High Jump 1	M75
11:00	High Jump 2	M70
12:00	High Jump 1	M65
10:00	Pole Vault	W50,55
13:00	Pole Vault	W45
15:00	Pole Vault	W35,40

  

<b>Indoor Throws</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:00	Weight T	W70
10:45	Weight T	M80+
12:15	Weight T	W80+
14:00	Weight T	W75
9:30	Shot Put	W35
11:00	Shot Put	W40
12:45	Shot Put	W45
14:15	Shot Put	W50

  

<b>WEST END THROWS</b>		
<b>Start Time</b>	<b>Event</b>	<b>Cat</b>
9:15	Javelin	M50
11:15	Javelin	M55
9:30	Discus	M65
12:00	Discus	M60
9:45	Hammer	M45
11:00	Hammer	M40
12:15	Hammer	M35

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS  
COMPETITION TIMETABLE**

**Friday, March 28, 2025**

**Alachua County Sports and Events Center**

Race Time	Event	Cat	Type
9:00	3000m Race Walk	M80+	Final
9:40	3000m Race Walk	M75	Final
10:15	3000m Race Walk	M70	Final
10:45	3000m Race Walk	M65	Final
11:10	3000m Race Walk	M60	Final
11:45	3000m Race Walk	M55	Final
12:20	3000m Race Walk	M50	Final
12:55	3000m Race Walk	M45	Final
13:30	3000m Race Walk	M35,40	Final
14:00	200m	W80	Final
14:05	200m	W75	Final
14:10	200m	W70	Final
14:15	200m	W65	Final
14:20	200m	W60	Final
14:25	200m	W55	Final
14:30	200m	W50	Final
14:35	200m	W45	Final
14:40	200m	W40	Final
14:45	200m	W35	Final
15:00	1500m	W65	SemiF
15:15	1500m	W60	SemiF
15:30	1500m	W55	SemiF
15:45	1500m	W50	SemiF
16:00	1500m	M75	SemiF
16:15	1500m	M70	SemiF
16:30	1500m	M65	SemiF
16:50	1500m	M60	SemiF
17:25	1500m	M55	SemiF
17:50	1500m	M50	SemiF
18:15	1500m	M45	SemiF
18:30	1500m	M40	SemiF
18:50	1500m	M35	SemiF

Indoor Jumps		
Start Time	Event	Cat
9:30	Long Jump	M60
11:45	Long Jump	M55
14:45	Long Jump	M50
9:00	Triple Jump	W55
10:30	Triple Jump	W50
12:30	Triple Jump	W45
14:15	Triple Jump	W35,40
9:15	High Jump 1	W75
9:30	High Jump 2	W70
11:15	High Jump 1	W65
12:00	High Jump 2	W60
13:15	High Jump 1	W80+
10:00	Pole Vault	M45
12:15	Pole Vault	M35,40
14:30	Pole Vault	M80+

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	W65
12:00	Shot Put	W55
15:00	Shot Put	W60
10:00	Weight T	M35
11:15	Weight T	M45
13:15	Weight T	M40

West End		
Outdoor Throws		
Start Time	Event	Cat
9:15	Javelin	M65
12:15	Javelin	M60
9:30	Discus	M75
11:30	Discus	M70
9:00	Hammer	M80+
10:30	Hammer	W80+
12:15	Hammer	W75
13:45	Hammer	W70

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS**

**COMPETITION TIMETABLE**

**Saturday, March 29, 2025**

**Alachua County Sports and Events Center**

Race Time	Event	Cat	Type
9:00	Hurdles	M50	Heats
9:30	400m	W80	SemiF
9:38	400m	W75	SemiF
9:46	400m	W70	SemiF
9:50	400m	W65	SemiF
10:05	400m	W60	SemiF
10:20	400m	W55	SemiF
10:40	400m	W50	SemiF
10:55	400m	W45	SemiF
11:10	400m	W40	SemiF
11:25	400m	W35	SemiF
11:33	400m	M85	SemiF
11:40	400m	M80	SemiF
11:55	400m	M75	SemiF
12:15	400m	M70	SemiF
12:40	400m	M65	SemiF
13:05	400m	M60	SemiF
13:35	400m	M55	SemiF
14:05	400m	M50	SemiF
14:35	400m	M45	SemiF
15:00	400m	M40	SemiF
15:25	400m	M35	SemiF
15:50	1500m	W80	Final
16:00	1500m	W75	Final
16:10	1500m	W70	Final
16:19	1500m	W65	Final
16:27	1500m	W60	Final
16:36	1500m	W55	Final
16:45	1500m	W50	Final
16:54	1500m	W45	Final
17:03	1500m	W40	Final
17:12	1500m	W35	Final
17:21	1500m	M85+	Final
17:35	1500m	M80	Final
17:47	1500m	M75	Final
17:57	1500m	M70	Final
18:06	1500m	M65	Final
18:15	1500m	M60	Final
18:24	1500m	M55	Final
18:33	1500m	M50	Final
18:42	1500m	M45	Final
18:51	1500m	M40	Final
19:00	1500m	M35	Final

Start Time	Event	Cat
9:15	Long Jump 1	M35
11:00	Long Jump 1	M40
12:45	Long Jump 1	M45
14:45	Long Jump 1	M80
15:15	Long Jump 2	M85+
9:45	Triple Jump	M65
11:30	Triple Jump	M75
13:15	Triple Jump	M70
9:30	High Jump 1	W55
9:45	High Jump 2	W35,40
12:00	High Jump 1	W50
12:15	High Jump 2	W45
10:00	Pole Vault	W70+
13:00	Pole Vault	W60,65

Indoor Throws		
Start Time	Event	Cat
9:00	Shot Put	M85+
10:15	Shot Put	M80
11:30	Shot Put	W85+
12:30	Shot Put	W80
13:00	Shot Put (cage)	W70
14:00	Shot Put	W75
9:30	Weight T	M55
11:00	Weight T	M50

West End		
Outdoor Throws		
Start Time	Event	Cat
9:00	Javelin	M75
10:30	Javelin	M70
9:15	Discus	W45
11:00	Discus	W35
12:00	Discus	W40
13:30	Discus	W50
9:30	Hammer	M65
12:30	Hammer	M60

Celebration Pointe	
10K Road Race	
Start Time	Cat
8:00	Men
8:10	Women



**WORLD MASTERS ATHLETIC INDOOR CHAMPIONSHIPS**

**COMPETITION TIMETABLE**

**Sunday, March 30, 2025**

<b>Alachua County Sports and Events Center</b>			
Race Time	Event	Cat	Type
8:00	Hurdles	W75	SemiF
8:06	Hurdles	M80	SemiF
8:09	Hurdles	W65	SemiF
8:12	Hurdles	W60	SemiF
8:22	Hurdles	W55	SemiF
8:30	Hurdles	W50	SemiF
8:42	Hurdles	M75	SemiF
8:50	Hurdles	M70	SemiF
9:00	Hurdles	W45	SemiF
9:08	Hurdles	W40	SemiF
9:18	Hurdles	M65	SemiF
9:30	Hurdles	M60	SemiF
9:45	Hurdles	M55	SemiF
9:53	Hurdles	M50	SemiF
10:00	Hurdles	M45	SemiF
10:08	Hurdles	M40	SemiF
10:14	Hurdles	M35	SemiF
10:25	400m	W80	Final
10:29	400m	W75	Final
10:33	400m	W70	Final
10:36	400m	W65	Final
10:40	400m	W60	Final
10:44	400m	W55	Final
10:48	400m	W50	Final
10:52	400m	W45	Final
10:56	400m	W40	Final
11:00	400m	W35	Final
11:04	400m	M90	Final
11:08	400m	M85	Final
11:12	400m	M80	Final
11:16	400m	M75	Final
11:20	400m	M70	Final
11:24	400m	M65	Final
11:28	400m	M60	Final
11:32	400m	M55	Final
11:36	400m	M50	Final
11:40	400m	M45	Final
11:44	400m	M40	Final
11:48	400m	M35	Final
12:00	Hurdles	W80+	Final
12:04	Hurdles	M85+	Final
12:08	Hurdles	M80	Final
12:12	Hurdles	W75	Final
12:16	Hurdles	W70	Final

Race Time	Event	Cat	Type
12:20	Hurdles	W65	Final
12:24	Hurdles	W60	Final
12:30	Hurdles	M75	Final
12:34	Hurdles	M70	Final
12:38	Hurdles	W55	Final
12:43	Hurdles	W50	Final
12:50	Hurdles	W45	Final
12:54	Hurdles	W40	Final
13:00	Hurdles	M65	Final
13:04	Hurdles	M60	Final
13:10	Hurdles	W35	Final
13:18	Hurdles	M55	Final
13:22	Hurdles	M50	Final
13:30	Hurdles	M45	Final
13:34	Hurdles	M40	Final
13:38	Hurdles	M35	Final
13:50	4X200	W, M	Final
16:30	4X200 Mix	Miixed	Final

<b>Indoor Jumps</b>		
Start Time	Event	Cat
9:00	Long Jump	M65
12:00	Long Jump	M70
14:30	Long Jump	M75
9:15	Triple Jump	W80+
10:30	Triple Jump	W75
12:00	Triple Jump	W70
13:30	Triple Jump	W65
15:00	Triple Jump	W60
9:15	High Jump 1	M35
9:30	High Jump 2	M80+
11:45	High Jump 1	M40
12:00	High Jump 2	M45
9:15	Pole Vault	M50
11:45	Pole Vault	M55
14:15	Pole Vault	M60

<b>Indoor Throws</b>		
Start Time	Event	Cat
9:30	Shot Put	M50
11:15	Shot Put	M55
9:00	Weight T	M65
10:45	Weight T	M60

<b>West End</b>		
<b>Outdoor Throws</b>		
Start Time	Event	Cat
9:00	Javelin	W35,40
10:45	Javelin	W45
12:15	Javelin	W50
9:00	Discus	W65
11:15	Discus	W60
13:00	Discus	W55
9:15	Hammer	M70
11:15	Hammer	M75

<b>Celebration Pointe</b>	
<b>10K Race Walk - Road</b>	
Start Time	Cat
8:00	W60+
10:00	W35,40,50,55
12:00	M70+
14:00	M60,65
15:30	M35,40,45,50,55