

DRAFT PROGRAM

Update 10 March 2025

Day 1 - Sat 6 Sep	Day 2 - Sun 7 Sep	Day 3 - Mon 8 Sep	Day 4 - Tue 9 Sep	Day 5 - Wed 10 Sep
TRACK, WALKS, RELAYS				
100m Heats & Finals	200m Heats & Finals	400m Heats & Finals	M60m (Timed finals)	W60m (Timed finals)
800m		1500m		
Steeplechase	Cross Country		5000m	
Long Hurdles		Short Hurdles		
10km Road Walk		1500m Race Walk		5km Race Walk
			M 4x100m Relay	W 4x100m Relay
			M Medley Relay	W Medley Relay
THROWS, JUMPS, MULTI EVENTS				
M Hammer		W Hammer	W Outdoor Pentathlon	M Outdoor Pentathlon
M Javelin		W Javelin	M Throws Pentathlon	W Throws Pentathlon
W Shot	M Shot			
W Weight	M Weight			
	W Discus	M Discus		
W High Jump		M High Jump		
M Long Jump	W Long Jump			
	M Triple Jump	W Triple Jump		
			M Pole Vault	W Pole Vault
SOCIAL PROGRAM				
'Happy Hour'	'Happy Hour'	Athletes Dinner	'Happy Hour'	

Notes:

- 60m will be timed finals to reduce workload and to encourage more relay participation
- 1500m Race Walk is a new sprint distance to encourage more participation and to provide greater variety in Walk offerings
- Individual Jump events (High Jump, Triple Jump, Long Jump, Pole Vault, are scheduled over 4 days to leave the 5th day (Outdoor Pentathlon) free from clashing jumps.
- Individual throwing events are scheduled over 3 days to leave the 4th and 5th days (Outdoor Pentathlons/Throws Pentathlons) free from clashing throws

