

Current State: 12th August 2025 - subject to change								
Friday, 22nd August - Day-Session 8:30 AM - 2:30 PM		Participants (P)						
Heinz-Steyer-Stadium Infield								
Track Events		High Jump	Long Jump	Javelin	Shot Put	Shot Put		
Callroom Track Events: 15 min before each heat		Area 1	Area 1	Area 1	Area 1	Area 2		
08:30				Callroom 8:30 AM	Callroom 8:30 AM	Callroom 8:30 AM		
08:35				Warmup 8:40 AM	Warmup 8:40 AM	Warmup 8:40 AM		
08:40								
08:45								
08:50								
08:55	100m preliminaries Women and Men			Javelin Start: 9:00 AM M70-79, (M80+) 5P W70-79, (W80+) 3P 8P - 48 Trys 56 min End 10:00 AM	Shot Put Start: 9:00 AM M15-17 1P M18-29 4P M30-39 8P 13P - 78 Trys 91 min End 10:30 AM	Shot Put Start: 9:10 AM M50-59 17P 17P - 75 TRys 88 min End 10:40 AM		
09:00	H1 W30-39							
09:05	H2 W30-39							
09:10	H1 W40-49							
09:15	H2 W40-49							
09:20	H1 W50-59							
09:25	H2 W50-59							
09:30							Callroom 9:30 AM	Callroom 9:45 AM
09:35							Warmup 9:40 AM	
09:40	H1 M18-29							
09:45	H2 M18-29							
09:50	H1 M30-39							
09:55	H2 M30-39							
10:00	H1 M40-49							
10:05	H2 M40-49							
10:10	H1 M50-59							
10:15	H2 M50-59							
10:20	H3 M50-59							
10:25	H1 M60-69							
10:30	H2 M60-69							
10:35		High Jump Start: 10:00 AM W 18-29 2P W 30-39 3P W 40-49 5P W 50-59 4P W 60-69 1P 16 P - 144 trys app. 9 attempts each P 120 min End: 12:00 PM	Long Jump Start: 10:15 AM M - 5 1P M6-8 2P M9-11 3P W6-8 1P 7P - 42 trys 49 min End: 11:10 AM	(Callroom 9:50 AM) Warmup 10:00 AM	Javelin Start: 10:35 AM W50-59 14P W60-69 4P 18P - 90 trys 105 min End 12:15 PM	room 10:20 AM) Warmup 10:30		
10:40	1500m Final (Time Trials) Women and Men							
10:45	H1 W18-29							
10:50	H1 W30-39							
10:55	H2 W40-49							
11:00								
11:05	H3 W50-59							
11:10	H3 W60-69							
11:15	H3 W70-79 (W80+)							
11:20								
11:25	H4 M18-29							
11:30								
11:35	H5 M30-39							
11:40								
11:45	H6 M40-49							
11:50								
11:55	H7 M50-59							
12:00								
12:05	H8 M60-69							
12:10								
12:15	H9 M70-79							
12:20	H9 M80+							
12:25								
12:30								
12:35								
12:40	400m Finals (Time Trials) Women and Men							
12:45	H1 W18-29							
12:50	H2 W30-39							
12:55	H3 W40-49							
13:00	H4 W40-49							
13:05	H5 W50-59							
13:10	H6 W60-69							
13:15								
13:20								
13:25	H7 M18-29							
13:30	H8 M30-39							
13:35	H9 M40-49							
13:40	H10 M40-49							
13:45	H11 M50-59							
13:50	H12 M50-59							
13:55	H13 M60-69							
14:00	H14 M70-79							
14:05	H15 M70-79							
14:10								
14:15								
14:20								
14:25								
14:30								

Sport Field 6 - Sportpark Ostra			
	Racewalk	Javelin	Ball Throw
Zeit		Area 2	Area 1
08:30			
08:35			
08:40	Callroom 8:40 AM	Callroom 8:40 AM	Callroom 8:40 AM
08:45			
08:50			
08:55			
09:00	Racewalk H1 Start: 9:00 AM W18-29 5P W30-39 11P W40-49 11P	Warmup 9:00 AM	Warmup 9:00 AM
09:05			
09:10			
09:15			
09:20			
09:25			
09:30			
09:35	27P	Javelin Start: 9:30 AM M40-49 18P 18P - 78 Trys 90 min End: 11:00 AM	Ball Throw Start: 9:30 AM M-Donors M4 - 17 3P M18 - 39 2P M40 - 49 8P M50+8P 21P - 126 Trys 65 min End: 10:35 AM
09:40			
09:45			
09:50			
09:55			
10:00	(Callroom 9:40 AM)		
10:05	Racewalk H2 Start: 10:00 AM W50-59 12P W60-69 16P W70-79, W80+ 2P, 1P		
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10:20			
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10:35			(Callroom 10:15 AM) Warmup 10:35 AM
10:40	31P		
10:45			
10:50			
10:55			
11:00	(Callroom 10:40 AM)	Callroom (10:40 AM)	
11:05	Racewalk H3 Start: 11:00 AM W-Donors 4-17 0P W-Donors 18-39 7P W-Donors 40-49 7P W-Donors 50-99 14P	Warmup 11:00 AM	Ball Throw Start: 11:05 AM W12-14 6P W15-17 2P M12-14 3P M15-17 3P 14P - 84 Trys 45 min End: 11:50
11:10			
11:15			
11:20			
11:25			
11:30			
11:35		Javelin Start: 11:30 AM M18-29 2P M30-39 14P 16P - 78 Trys 90 min End: 1:00 PM	(Callroom 11:30 AM) Warmup 11:50 AM
11:40	28P		
11:45			
11:50			
11:55			
12:00			
12:05			
12:10			Ball Throw Start: 12:10 PM M - 5 1P , M6-8 2P M9-11 2P, W6-8 2P 7P - 42 Trys 21 min End: 12:30 PM
12:15			
12:20			
12:25			
12:30			Callroom (12:10 PM) Warmup 12:30 PM
12:35			
12:40			
12:45			
12:50			
12:55			
13:00		Callroom (12:40 PM) Warmup 1:00 PM	Ball Throw Start: 1:00 PM W-Donors 4-17 2P W-Donors 18-39 6P W-Donors 40-49 6P W-Donors 50-99 7P 21P - 126 Trys 65 min End 2:05 PM
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