

Current State: 12th August 2025 - subject to change		Participants (P)	
Saturday, 23rd August - 8:30 AM - 3:00 PM		Heinz-Steyer-Stadium Infield	
Track Event		High Jump	Long Jump
Callroom Track Events: 15 min before each heat		Area 1	Area 1 Area 2
Area 1		Area 1	Area 1
08:30		Callroom 8:30 AM	Callroom 8:30 AM
08:35			
08:40		Warmup 8:45 AM	Warmup 8:45 AM
08:45			
08:50			
08:55			
09:00			
09:05		High Jump Start: 9:00 AM M 50-59 6P ca. 9 attempts each P 90 min End: 10:30 AM	Long Jump Start: 9:00 AM M40-49 7P 7P - 42 Trys 54 min End: 9:55 AM
09:10	200m Final (Time Trials) Women and Men		Long Jump Start: 9:00 AM M-Donors 4-17 3P M-Donors 18-39 1P M-Donors 40-49 4P M-Donors 50-99 5P 13P - 78 try 91 min End: 10:30 AM
09:15	H1 W15-17		
09:20	H2 W18-29		
09:25			
09:30	H3 W30-39		
09:35	H4 W40-49		
09:40			
09:45	H5 W40-49		
09:50	H6 W40-49		
09:55			
10:00	H7 W60-69		
10:05	H8 W60-69, W70-79		
10:10			
10:15	H9 M15-17		
10:20	H10 M18-29		
10:25	H11 M18-29		
10:30			
10:35	H12 M30-39		
10:40	H13 M30-39		
10:45			
10:50	H14 M40-49		
10:55	H15 M40-49		
11:00			
11:05	H16 M50-59		
11:10	H17 M50-59		
11:15			
11:20	H18 M60-69		
11:25	H19 M60-69		
11:30			
11:35	H 20 M70-79		
11:40			
11:45			
11:50			
11:55	800m Final (Time Trials) Women and Men		
12:00	H1 W18-29, W30-39		
12:05			
12:10	H2 W40-49		
12:15			
12:20	H3 W50-59, W60-69, W70-79		
12:25			
12:30			
12:35	H4 M18-29, M30-39		
12:40			
12:45			
12:50	H5 M40-49		
12:55			
13:00	H6 M50-59		
13:05			
13:10	H7 M60-69, M70-79, M80+		
13:15			
13:20			
13:25			
13:30			
13:35			
13:40	Relay 4x400m Women and Men		
13:45	H1 W		
13:50			
13:55	H2 M		
14:00			
14:05	H3 M		
14:10			
14:15			
14:20			
14:25			
14:30			
14:35			
14:40			
14:45			
14:50			
14:55			

Throwing Field - Sportpark Ostra	
Discus	Discus
Area 2 Throwing Area	Area 3 Throwing Area
Callroom 8:40 AM	Callroom 8:40 AM
Warmup 9:10 AM	Warmup 9:10 AM
Discus Start: 9:30 AM W50-59 14P 14P - 66 Trys 77 min End: 10:50 AM	Discus Start: 9:30 AM W60-69 6P W70-79, W80+ 4P +1P 11P - 66 Trys 77 min End: 10:50 AM
Callroom 10:20 AM) Warmup 10:50 AM	Callroom 10:20 AM) Warmup 10:50 AM
Discus Start: 11:10 AM M60-69 21P 21P - 87 try 100 min End: 12:50 PM	Discus Start: 11:10 AM M50-59 19P M70-79, M80+ 7+1P 27 P - 129 try 151 min End: 1:45 PM
Callroom 12:20 AM) Warmup 12:50 AM	
Discus Start: 1:10 PM M40-49 10P 10P - 54 Trys 63 min End: 2:15 AM	

Sport Field 6 - Sportpark Ostra		
Racewalk	Ball Throw	
	Area 1	Area 2
08:30		
08:35		
08:40	Callroom 8:40 AM	Callroom 8:40 AM
08:45		
08:50		
08:55		
09:00		
09:05	Racewalk Heat 1 Start: 9:00 AM M60-69 13P M70-79, M80+ 4+2P	Warmup 9:00 AM
09:10		Warmup 9:00 AM
09:15		
09:20		Ball Throw Start: 9:20 AM M18-29 14P M30-39 25P 39P - 165 try 83 min End: 10:45 AM
09:25	19P	Ball Throw Start: 9:20 AM M50-59 27P
09:30		
09:35		
09:40		
09:45		
09:50		
09:55		
10:00		
10:05		
10:10		
10:15	(Callroom: 9:55 AM)	
10:20	Racewalk Heat 2 Start: 10:15 AM M18-29 5P M30-39 12P	(Callroom 9:55 AM) Warmup 10:15 AM
10:25		
10:30		
10:35		
10:40		
10:45	17P	Ball Throw Start: 10:35 AM M40-49 27P 27P - 105 try 63 min End: 11:40 AM
10:50		
10:55		
11:00		
11:05		
11:10		
11:15	(Callroom 10:55 AM)	
11:20	Racewalk Heat 3 Start: 11:15 AM M50-59 21 P	Ball Throw Start: 11:05 AM W 50-59 14P W60-69 11P W70-79, W80+ 5P +1P 31P - 159 try 80 min End: 12:25 PM
11:25		
11:30		
11:35	21P	
11:40		
11:45		
11:50		
11:55		
12:00		
12:05		Callroom 11:45 AM) Warmup 12:05 PM
12:10		
12:15	(Callroom 10:55 AM)	
12:20	Racewalk Heat 4 Start: 12:15 PM M40-49 8P M-Donors 4-17 2P M-Donors 18-39 1P M-Donors 40-49 2P M-Donors 50-99 6P	Ball Throw Start: 12:25 PM W18-29 5P W30-39 15P W40-49 19P 39P - 180 try 90 min End: 1:55 PM
12:25		
12:30		
12:35		
12:40		
12:45		
12:50		
12:55		
13:00	19P	
13:05		
13:10		
13:15		
13:20		
13:25		
13:30		
13:35		
13:40		
13:45		
13:50		
13:55		
14:00		
14:05		
14:10		
14:15		
14:20		
14:25		

Circle of Life (Closing)