



Championship South, East & West Timetable 2025

Event	Time	Track Event		Field Event		Report time
F03	11.45			Hammer	Women	11.30
F01	12.00			Long Jump	Women	11.45
T03	12.00	400m hurdles	2 Races		Men	11.45
T04	12.10	400m hurdles	2 Races		Women	11.55
T05	12.25	800m	2 Races		Men	12.10
F02	12.30			Pole Vault	Men	11.50
T06	12.35	800m	2 Races		Women	12.20
F06	12.45			Hammer	Men	12.30
T07	12.50	100m	2 Races		Men	12.35
T08		100m	2 Races		Women	
T01		100m N/Scoring	3 Races		Men	
T02		100m N/Scoring	3 Races		Women	
F05	13.00			High Jump	Women	12.35
F07	13.20			Long Jump	Men	13.05
T09	13.45	Steeplechase	1 Race		Men	13.30
F08	13.45			Discus	Women	13.30
T10	14.05	110m Hurdles	2 Races		Men	13.50
T26	14.25	Steeplechase	1 Race		Women	14.10
F09	14.45			Triple jump	Woman	14.25
F04	14.45			Discus	Men	14.30
T12	14.50	100m Hurdles	2 Race		Women	14.35
T13	15.10	400m	2 Races		Men	14.55
T14		400m	2 Races		Women	
T15		400m N/Scoring	1 Race		Men	
T16		400m N/Scoring	1 Race		Women	
F12	15.15			Pole Vault	Women	14.40
F13	15.15			High Jump	Men	14.50
T17	15.40	1500m	1 Races		Men	15.25
F10	15.45			Javelin	Women	15.30
T18	15.50	1500m	1 Races		Women	
F11	15.55			Shot	Men	15.40
T19	15.55	200m	2 Races		Men	15.40
T20		200m	2 Races		Women	
T21		200m N/Scoring	1 Race		Men	
T22		200m N/Scoring	1 Race		Women	
F14	16.10			Triple Jump	Men	15.50
T23	16.25	3k or 5k	1 Race		Men	16.10
F15	16.45			Javelin	Men	16.30
T24	16.45	4 x 100m Relay	1 Race		Men	16.30
T25		4 x 100m Relay	1 Race		Women	
F16	16.55			Shot	Women	16.40
T11	17.00	3k or 5k	1 Race		Women	16.45
T27	17.25	4 x 400m Relay	1 Race		Women	17.10
T28	17.30	4 x 400m Relay	1 Race		Men	
	17.40	Final Score				