



TIME TABLE

Final version

26.8.2025.

		RUNNING	JUMPS	THROWS
Time	Heat	Friday, 29.8.2025.		
08:45	1	5000m W 60+,M 75+	Pole Vault W,M	Hammer Throw W
09:30	2	5000 m W 50,55		
10:00	3	5000 m W 35,40,45		Shot put M 35-45
10:30	4	5000 m M 65,70	Triple Jump W	Hammer Throw M 70+
11:00	5	5000 m M 60		
11:30	6	5000 m M 55		
12:00	7	5000 m M 45,50	Triple Jump M 70+	Shot put M 50,55
12:30	8	5000 m M 35-40		Hammer Throw M 60,65
13:15	1	400 m hurdles M 40,45		
13:20	2	400 m hurdles M 50,55		
13:30	1	300 m hurdles W 50,55		
13:35	2	300 m hurdles M 60		
13:40	3	300 m Hurdles M 65		
13:50	4	300 m hurdles M 70		
13:55	5	300 m hurdles M 75		
14:10	1	200 m hurdles W 70,M80+		
14:30		OPENING CEREMONY		
15:05	1	100 m W 70+		Shot Put, M 70+
15:10	2	100 m W 60,65		Hammer Throw, M 45-55
15:15	3	100 m W 50,55		
15:20	4	100 m W 45		
15:25	5	100 m W 40		Javelin Throw, W 60+
15:30	6	100 m W 35		
15:35	1	100 m M 80+		
15:40	2	100 m M 75		
15:45	3,4	100 m M 70		
15:55	5,6	100 m M 65		
16:05	7,8	100 m M 60		
16:15	9	100 m M 55		
16:20	10,11	100 m M 50	Triple Jump, M 60-65	
16:30	12-14	100 m M 45		
16:45	15	100 m M 40		
16:50	16	100 m M 35		Javelin Throw, W 50,55
17:10	1	400 m W 60+		Shot Put, M 60,65
17:15	2	400 m W 55		
17:20	3	400 m W 50		
17:25	4	400 m W 45		
17:30	5	400 m W 40		
17:35	6	400 m W 35		
17:45	1	400 m M 80+		
17:50	2	400 m M 75		
17:55	3	400 m M 70		
18:00	4	400 m M 65	Triple Jump, M 35 - 55	Javelin Throw, W 35-45
18:05	5,6	400 m M 60		
18:15	7-8	400 m M 55		
18:30	9	400 m M 50		
18:35	10	400 m M 45		
18:40	11	400 m M 40		
18:45	12	400 m M 35		
19:00	1	4 x 100 m W 50+		
19:05	2	4 x 100 m W 35-45		
19:15	1	4 x 100 m M 75		
19:25	2	4 x 100 m M 70		
19:35	3	4 x100 m M 60,65		
19:40	4	4 x 100 m M 50,55		
19:50	5	4 x100 m M 40,45		
19:55	6	4 x100 m M35		

		RUNNING	JUMPS	THROWS
Time	Heat	Saturday, 30.8.2025.		
08:00	1	3 km Walk W 35-65		
08:40	2	3 km Walk M 65-90		
09:00				Discus Throw, W
09:15	3	3 km walk M35-60		
10:00				Javelin Throw, M 35-45
10:05	1	110 m hurdles M 40-45	Long Jump, W60+,M70+	
10:20	2	100 m hurdles M 50,55		
10:30	3	100 m hurdles M 56,65		Discus Throw, M 70+
10:35	4	80 m hurdles M 70,75		
10:40	5	80 m hurdles W 40,45		
10:45	6	80 m hurdles W 50,55		
10:55	7	80 m hurdles W 60, M 85		
11:00	1	3000 m W 65+,M 70+		Javelin Throw, M 50,55
11:30	2	3000 m M 60,65		
11:55	3	3000 m M 50-55	Long Jump, M 35,40	
12:00				Discus Throw, M 60-65
12:15	4	3000 m W 50-60		
12:40	5	3000 m M 35-45		
13:00	6	3000 m W 35-45		
13:50	1	800 m W 55+		
14:00	2	800m W 45,50	Long Jump, M 45-55	Discus Throw, M 35-55
14:10	3	800 m W 35,40		
14:20	1	800 m M 75+		
14:30	2	800 m M 70		Javelin Throw, M 70+
14:40	3	800 m M 65		
14:50	4	800 m M 60		
15:00	5	800 m M 55	Long Jump, M 60,65	
15:10	6	800 m M 45,50		
15:20	7	800 m M 35,40		
15:40	1	200 m W 70+		
15:45	2	200 m W 60,65		
15:50	3	200 m W 55		Weight Throw, W
15:55	4	200 m W 50		
16:00	5	200 m W 45		Javelin Throw, M 60,65
16:05	6	200 m W 40		
16:10	7	200 m W 35		
16:15	1	200 m M 80+		
16:20	2	200 m M 75		
16:25	3	200 m M 70		
16:30	4,5	200 m M 65		
16:40	6,7	200 m M 60	Long Jump, W 35-55	
16:50	8	200 m M 55		
16:55	9,10	200 m M 50		
17:05	11,12	200 m M 45		
17:15	13	200 m M 40		
17:20	14	200 m M 35		
17:35	1	4 x 100 m X 55+		
17:45	2	4 x 100 m X 50		
17:55	3	4 x 100 m X 40,45		
18:05	4	4 x 100 m X 35		

		RUNNING	JUMPS	THROWS
Time	Heat	Sunday, 31.8.2025.		
09:00			High Jump W60+, M70+	
09:30	1	2000 m Steeple M 60+		Weight Throw, M 70+
09:40				Shot Put, W 35-55
10:00	2	2000 m Steeple W		
10:20	1	3000 m Steeple M 35-55		
10:30			High Jump, W 35-55	Weight Throw, M 60,65
10:50	1	1500 m M 75+		
11:00	2	1500 m M 70		
11:10	3	1500 m M 65		
11:20	1	1500 m W 55+		Shot Put, W 60+
11:30	5	1500 m W 50	High Jump, M 60,65	
11:40	3	1500 m W 35-45		
11:50	4	1500 m M 60		
12:00		1500 m M 55		
12:10	5	1500 m M 45 - 50		Weight Throw, M 35-55
12:20	6	1500 m M 35 - 40		
12:40	1	Balkan relay W 50+		
12:45			High Jump, M 35-55	
12:50	2	Balkan relay W 35-45		
13:00	1	Balkan relay M 65+		
13:10	2	Balkan relay M 55,60		
13:20	3	Balkan relay M 45,50		
13:30	4	Balkan relay M 35,40		
14:00		CLOSING CEREMONY		