

3.6 COMPETITION SCHEDULE ATHLETICS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21.07.2025	22.07.2025	23.07.2025	24.07.2025	25.07.2025	26.07.2025	27.07.2025
DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
400M H 15:00-15:40 LONG JUMP 15:30-17:23 400M 15:50-16:46 400M 17:10-18:14 LONG JUMP 18:05-19:54 DISCUS THROW 18:10-18:59 100M 18:35-19:39 DISCUS THROW 19:40-20:25 100M 19:50-20:54 SHOT PUT 20:20-21:14 10.000M 21:10-21:45	M 2 1 3 R1 10.000M-W 15:59-16:06 W 400M H Q A 16:10-16:50 W HAMMER THROW R1 16:15-17:13 M 400M H R1 17:05-17:29 W HIGH JUMP Q B 17:20-19:06 M 1.500M Q A 17:40-18:24 W HAMMER THROW R1 17:50-18:44 M 400M Q B 18:28-18:49 M SHOT PUT R1 18:23-19:31 W 400M Q A+B 19:05-19:29 W 100M Final 19:36-19:55 LONG JUMP 19:51-21:19 DISCUS THROW 20:05-21:18 100M 20:10-20:34 800M 20:45-21:13 100M 21:25-21:30 100M 21:40-21:45 2 1 3 SHOT PUT 21:45-21:52 DISCUS THROW 21:53-22:00	100M H HEP 10:00-10:32 W DISCUS THROW R1 10:20-11:02 M 110M H Q A 10:50-11:14 M 200M SF 11:30-12:26 M DISCUS THROW Q A+B 11:42-12:24 M HIGH JUMP HEP R1 12:00-14:20 M SHOT PUT SF 13:35-14:17 W 400M H Final 14:00-14:24 M 2 1 3 LONG JUMP-W 17:35-17:41 100M-W 17:42-17:48 100M-M 17:49-17:55 LONG JUMP 18:00-19:39 SHOT PUT HEP 18:45-19:30 10.000M M SF 18:55-13:00 HAMMER THROW M R1 20:06-21:36 400M H M Final 19:50-19:51 LONG JUMP M QB 20:10-21:46 800M W SF 20:13-20:29 200M HEP W Heats 20:45-21:13 400M W Final 21:25-21:31 400M M Final 21:40-21:46 2 1 3 10.000M-M 21:50-21:56 400M H-M 21:57-22:03 HAMMER THROW-M 22:04-22:10	W LONG JUMP HEP Heats 09:30-10:36 W DISCUS THROW Q A 09:35-10:34 M 3.000M SC R1 10:05-10:39 W 5.000M R1 10:50-11:26 W JAVELIN THROW Q B 11:05-12:04 W LONG JUMP HEP A+B 11:10-12:12 M POLE VAULT R1 11:30-13:41 M 5.000M Q A+B 11:45-12:29 W 4X400M RELAY SF 12:40-13:24 JAVELIN THROW HEP W 12:40-13:43 100M H M 13:40-14:20 JAVELIN THROW HEP W QA 14:15-15:14 2 1 3 400M-W 17:12-17:18 400M-M 17:19-17:25 110M H M SF 17:30-18:06 DISCUS THROW M Final 17:48-19:13 LONG JUMP M Final 18:18-19:46 400M H W SF 18:25-18:31 200M W SF 18:40-19:04 200M W SF 19:17-19:32 HIGH JUMP M Final 19:38-21:30 800M HEP W Heats 19:52-20:08 4X400M RELAY X Final 20:15-20:21 SHOT PUT M Final 20:26-21:34 110M H M Final 20:35-20:43 800M W Final 20:50-20:56 1.500M M Final 21:05-21:12 200M W Final 21:25-21:31 200M M Final 21:40-21:46 2 1 3 400M H 21:50-21:56 LONG JUMP 21:57-22:03 DISCUS THROW 22:04-22:10 HEPTATHLON 22:11-22:17 4X400M RELAY 22:18-22:27 HIGH JUMP 22:28-22:34	W 100M DEC A 09:30-09:58 M JAVELIN THROW Q A 09:35-10:30 M POLE VAULT R1 10:15-12:53 W LONG JUMP DEC R1 10:30-11:28 M 3.000M SC Q B 10:40-11:08 W JAVELIN THROW B 11:00-11:51 W LONG JUMP DEC Q A+B 12:00-12:54 M HIGH JUMP R1 12:15-14:01 X SHOT PUT DEC R1 13:30-14:12 W 2 1 3 110M H-M 17:11-17:17 800M-W 17:16-17:22 1.500M-M 17:23-17:29 SHOT PUT-M 17:30-17:36 200M-W 17:37-17:43 200M-M 17:44-17:50 HIGH JUMP DEC W 17:55-19:33 TRIPLE JUMP M SF 18:05-19:23 100M H W Final 18:35-18:59 POLE VAULT M Final 19:05-21:21 1.500M W Final 19:10-19:46 TRIPLE JUMP W SF 20:00-21:19 800M M SF 20:02-20:47 JAVELIN THROW M Final 20:09-21:34 400M DEC W Final 21:00-21:28 100M H W Final 21:40-21:46 2 1 3 POLE VAULT 21:50-21:56	M HALF MARATHON Heats 08:00 at Kemnader See W HALF MARATHON Q A 08:10 at Kemnader See M 110M H DEC Q A+B 09:30-10:02 M TRIPLE JUMP Q A 09:35-10:37 W 5.000M R1 10:20-10:35 W DISCUS THROW DEC Q B 10:30-11:25 M TRIPLE JUMP Q B 11:20-12:22 W DISCUS THROW DEC Q A+B 11:57-12:48 M 4X400M RELAY A+B 11:55-12:39 W 4X400M RELAY 12:50-13:23 M POLE VAULT DEC 14:05-16:53 W HAMMER THROW 13:25-14:24 W HAMMER THROW 14:55-15:50 M 2 1 3 HALF MARATHON-M 10:40-10:46 HALF MARATHON-W 10:47-10:53 HALF MARATHON TEAM-M 10:54-11:03 HALF MARATHON TEAM-W 11:04-11:13 POLE VAULT DEC W Final 13:20-15:36 W 2 1 3 3.000M SC-M 17:25-17:31 TRIPLE JUMP-M 17:32-17:38 5.000M-W 17:39-17:45 M JAVELIN THROW DEC R1 17:50-18:35 M 3.000M SC Final 18:30-18:39 M TRIPLE JUMP Heats 18:15-19:43 W 4X100M RELAY Final 19:00-19:30 M JAVELIN THROW DEC B 19:05-19:41 W HIGH JUMP Final 19:27-21:19 M 4X100M RELAY R1 19:50-20:09 W JAVELIN THROW W Final 20:20-21:45 800M M SF 20:20-20:29 5.000M W Final 20:40-21:57 1.500M DEC M Final 21:12-21:30 2 1 3 3.000M SC-M 21:50-21:56 TRIPLE JUMP-M 21:57-22:03 5.000M-W 22:04-22:10 JAVELIN THROW-W 22:11-22:17	M 20KM RACE WALK Final 08:00 at Kemnader See W 20KM RACE WALK Final 08:01 at Kemnader See M 2 1 3 HIGH JUMP-W 10:27-10:33 DECATHLON-M 10:34-10:40 W POLE VAULT Q A 10:45-13:21 M 3.000M SC W Final 11:03-11:13 M TRIPLE JUMP A 10:55-12:23 W 4X400M RELAY Q B 11:25-11:28 M 4X400M RELAY B 11:40-11:44 M HAMMER THROW R1 11:35-13:00 W 1.500M R1 12:00-12:04 M 800M A+B 12:30-12:32 W 4X100M RELAY QA 12:50-12:51 M 4X100M RELAY QB 13:10-13:11 2 1 3 3.000M SC 13:15-13:21 4X400M RELAY 13:22-13:31 4X400M RELAY 13:32-13:41 HAMMER THROW 13:42-13:48 1.500M 13:49-13:55 TRIPLE JUMP 13:56-14:02 800M 14:03-14:09 POLE VAULT 14:10-14:16 4X100M RELAY 14:17-14:26 4X100M RELAY 14:27-14:36 20KM RACE WALK 10:45-10:51 20KM RACE WALK 10:52-10:58 20KM RACE WALK TEAM 10:59-11:08 20KM RACE WALK TEAM 11:11-11:20
DAY 5 21.07.2025 Monday	DAY 6 22.07.2025 Tuesday	DAY 7 23.07.2025 Wednesday	DAY 8 24.07.2025 Thursday	DAY 9 25.07.2025 Friday	DAY 10 26.07.2025 Saturday	DAY 11 27.07.2025 Sunday
			1.500M 21:05-21:12 200M 21:25-21:31 200M 21:40-21:46 2 1 3 400M H 21:50-21:56 LONG JUMP 21:57-22:03 DISCUS THROW 22:04-22:10 HEPTATHLON 22:11-22:17 4X400M RELAY 22:18-22:27 HIGH JUMP 22:28-22:34			M Men W Women X Mixed Q Qualification A Group A B Group B R1 Round 1 SF Semi Finals FINAL Finals 2 1 3 Medal Ceremony

