

**TENTATIVE SCHEDULE OF EVENTS****IMPORTANT – PLEASE READ**

- ★ **NOTE: ANY FIELD EVENTS WITH MORE THAN 15 ENTRIES, WILL BE SPLIT INTO MULTIPLE FLIGHTS ACCORDING TO SEED MARKS**
- ★ **PARA AMBULATORY ATHLETES WILL COMPETE IN THEIR EVENT CATEGORY AND AGE GROUP**

**TRACK EVENTS | FRIDAY – JULY 4, 2025**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
4:00 PM	300m	Women	Semi Final	U16	
4:15 PM	300m	Men	Semi Final	U16	
4:30 PM	400m	Women	Semi Final	U18	
4:40 PM	400m	Men	Semi Final	U18	
4:50 PM	400m	Women	Semi Final	U20	
5:00 PM	400m	Men	Semi Final	U20	
5:10 PM	400m	Women	Semi Final	Senior	
5:20 PM	400m	Men	Semi Final	Senior	
<b>5:30 PM</b>	<b>1500mWC</b>	<b>Women + Men</b>	<b>FINAL</b>	<b>WC</b>	
<b>5:45 PM</b>	<b>1500mRW</b>	<b>Women + Men</b>	<b>FINAL</b>	<b>U16</b>	
6:00 PM	TRACK BREAK – 30 MINUTES				
<b>6:30 PM</b>	<b>1500mSC</b>	<b>Women</b>	<b>FINAL</b>	<b>U16</b>	
<b>6:40 PM</b>	<b>1500mSC</b>	<b>Men</b>	<b>FINAL</b>	<b>U16</b>	
<b>6:50 PM</b>	<b>2000mSC</b>	<b>Women</b>	<b>FINAL</b>	<b>U18</b>	
<b>7:05 PM</b>	<b>3000mSC</b>	<b>Women</b>	<b>FINAL</b>	<b>U20 + Senior</b>	
<b>7:20 PM</b>	<b>2000mSC</b>	<b>Men</b>	<b>FINAL</b>	<b>U18</b>	
<b>7:35 PM</b>	<b>3000mSC</b>	<b>Men</b>	<b>FINAL</b>	<b>U20 + Senior</b>	
<b>7:50 PM</b>	<b>5000m</b>	<b>Women</b>	<b>FINAL</b>	<b>U20 + Senior</b>	
<b>8:15 PM</b>	<b>5000m</b>	<b>Men</b>	<b>FINAL</b>	<b>U20 + Senior</b>	

**TENTATIVE SCHEDULE OF EVENTS****FIELD EVENTS | FRIDAY – JULY 4, 2025**

TIME	EVENT	SEX	ROUND	AGE	NO
1:00 PM	Hammer Throw	Women	FINAL	U20 + Senior	
2:30 PM	Hammer Throw	Men	FINAL	U20 + Senior	
3:30 PM	Triple Jump	Women	FINAL	U16	Pit 1
3:30 PM	Triple Jump	Men	FINAL	U16	Pit 2
4:00 PM	Hammer Throw	Women	FINAL	U18	
4:00 PM	Pole Vault	Women	FINAL	U20 + Senior	
5:30 PM	Triple Jump	Women	FINAL	U18 + U20 + Senior	Pit 1
5:30 PM	Triple Jump	Men	FINAL	U18	Pit 2
6:00 PM	Hammer Throw	Men	FINAL	U18 + U16	
6:15 PM	Pole Vault	Men	FINAL	U20 + Senior	
7:30 PM	Hammer Throw	Women	FINAL	U16	
7:30 PM	Triple Jump	Men	FINAL	U20 + Senior	Pit 1

**TENTATIVE SCHEDULE OF EVENTS****TRACK EVENTS | SATURDAY – JULY 5, 2025**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
8:00 AM	10000m RW	Women + Men	FINAL	U20 + Senior	
8:00 AM	5000m RW	Women + Men	FINAL	U18	
9:20 AM	100m DEC	Men	DECATHLON	U18 + U20 + Senior	
9:30 AM	80mH	Women	PENTATHLON	U16	
9:35 AM	80mH	Women	Semi Final	U16	
9:45 AM	100mH	Men	PENTATHLON	U16	
9:50 AM	100mH	Women	HEPTATHLON	U18 + U20 + Senior	
10:00 AM	100mH	Women	Semi Final	U18	
10:05 AM	100mH	Men	Semi Final	U16	
10:10 AM	100mH	Women	Semi Final	U20	
10:15 AM	100mH	Women	Semi Final	Senior	
10:20 AM	110mH	Men	Semi Final	U18	
10:25 AM	110mH	Men	Semi Final	U20	
10:30 AM	110mH	Men	Semi Final	Senior	
10:40 AM	100m	Women	Semi Final	U16	
10:50 AM	100m	Men	Semi Final	U16	
11:00 AM	100m	Women	Semi Final	U18	
11:15 AM	100m	Men	Semi Final	U18	
11:30 AM	100m	Women	Semi Final	U20	
11:45 AM	100m	Men	Semi Final	U20	
12:00 PM	100m	Women	Semi Final	Senior	
12:15 PM	100m	Men	Semi Final	Senior	
12:35 PM	TRACK BREAK – 15 MINUTES				
12:50 PM	NATIONAL ANTHEM				
12:55 PM	300m	Women	FINAL	U16	
1:00 PM	300m	Men	FINAL	U16	
1:05 PM	400m	Women	FINAL	U18	
1:10 PM	400m	Men	FINAL	U18	
1:15 PM	400m	Women	FINAL	U20	
1:20 PM	400m	Men	FINAL	U20	
1:25 PM	400m	Women	FINAL	Senior	
1:30 PM	400m	Men	FINAL	Senior	

**TENTATIVE SCHEDULE OF EVENTS****TRACK EVENTS | SATURDAY – JULY 5, 2025 (cont'd)**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
1:35 PM	400mWC	Women + Men	FINAL	Wheelchair	
1:40 PM	HURDLE SET UP				
1:55 PM	80mH	Women	FINAL	U16	
2:00 PM	100mH	Women	FINAL	U18	
2:05 PM	100mH	Men	FINAL	U16	
2:10 PM	100mH	Women	FINAL	U20	
2:15 PM	100mH	Women	FINAL	Senior	
2:20 PM	110mH	Men	FINAL	U18	
2:25 PM	110mH	Men	FINAL	U20	
2:30 PM	110mH	Men	FINAL	Senior	
2:35 PM	TRACK BREAK – 20 MINUTES				
2:55 PM	100m	Women	FINAL	U16	
3:00 PM	100m	Men	FINAL	U16	
3:05 PM	100m	Women	FINAL	U18	
3:10 PM	100m	Men	FINAL	U18	
3:15 PM	100m	Women	FINAL	U20	
3:20 PM	100m	Men	FINAL	U20	
3:25 PM	100m	Women	FINAL	Senior	
3:30 PM	100m	Men	FINAL	Senior	
3:35 PM	100mWC	Women + Men	FINAL	Wheelchair	
3:40 PM	1200m	Women	FINAL	U16	
3:45 PM	1200m	Men	FINAL	U16	
3:55 PM	1500m	Women	FINAL	U18	
4:05 PM	1500m	Men	FINAL	U18	
4:20 PM	1500m	Women	FINAL	U20	
4:30 PM	1500m	Men	FINAL	U20	
4:40 PM	1500m	Women	FINAL	Senior	
4:50 PM	1500m	Men	FINAL	Senior	

# TENTATIVE SCHEDULE OF EVENTS



## TRACK EVENTS | SATURDAY – JULY 5, 2025 (cont'd)

TIME	EVENT	SEX	ROUND	AGE	NO
5:00 PM	200m	Women	HEPTATHLON	U18 + U20 + Senior	
5:10 PM	800m	Women	PENTATHLON	U16	
5:15 PM	400m	Men	DECATHLON	U18 + U20 + Senior	
5:20 PM	1000m	Men	PENTATHLON	U16	
5:30 PM	4 x 100m	Women	FINAL	U16	
5:35 PM	4 x 100m	Men	FINAL	U16	
5:40 PM	4 x 100m	Women	FINAL	U18	
5:45 PM	4 x 100m	Men	FINAL	U18	
5:50 PM	4 x 100m	Women	FINAL	U20	
5:55 PM	4 x 100m	Men	FINAL	U20	
6:00 PM	4 x 100m	Women	FINAL	Senior	
6:05 PM	4 x 100m	Men	FINAL	Senior	

**TENTATIVE SCHEDULE OF EVENTS****FIELD EVENTS | SATURDAY – JULY 5, 2025**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
9:00 AM	High Jump	Men	FINAL	U18 + U20 + Senior	
9:00 AM	Discus Throw	Women	FINAL	U16 + U18	
10:00 AM	Long Jump	Women	FINAL	U16	Pit 1
10:00 AM	Pole Vault	Men	FINAL	U16 + U18	
10:30 AM	Javelin Throw	Women + Men	FINAL	Para Seated Throws	
10:45 AM	Long Jump	Men	DECATHLON	U18 + U20 + Senior	Pit 2
10:45 AM	Long Jump	Men	PENTATHLON	U16	Pit 2
10:45 AM	Discus Throw	Women	FINAL	U20 + Senior	
11:00 AM	High Jump	Women	HEPTATHLON	U18 + U20 + Senior	
11:00 AM	High Jump	Women	PENTATHLON	U16	
12:00 PM	Discus Throw	Men	FINAL	U16	
1:00 PM	Shot Put	Men	DECATHLON	U18 + U20 + Senior	
1:00 PM	Shot Put	Men	PENTATHLON	U16	
1:15 PM	Pole Vault	Women	FINAL	U16 + U18	
1:15 PM	Discus Throw	Men	FINAL	U18	
1:30 PM	Long Jump	Women	PENTATHLON	U16	
2:00 PM	Long Jump	Men	FINAL	U18	
2:00 PM	Shot Put	Women	HEPTATHLON	U18 + U20 + Senior	
2:30 PM	Discus Throw	Men	FINAL	U20 + Senior	
2:45 PM	High Jump	Men	DECATHLON	U18 + U20 + Senior	
2:45 PM	High Jump	Men	PENTATHLON	U16	
3:15 PM	Shot Put	Women	PENTATHLON	U16	
4:00 PM	Javelin Throw	Women + Men	FINAL	U20 + Senior	

# TENTATIVE SCHEDULE OF EVENTS



## COMBINED EVENTS – 05 JUL 25

\* ALL TIMES APPROXIMATE. ATHLETES WILL BE GIVEN A MIN. OF 30 MINUTES BETWEEN EVENTS FROM WHEN ALL ATHLETES HAVE COMPLETE THE PREVIOUS EVENT.

DECATHLON (U18 + U20 + Senior)	
9:20 AM	100m
10:45 AM	Long Jump
1:00 PM	Shot Put
2:45 PM	High Jump
5:15 PM	400m

HEPTATHLON (U18 + U20 + Senior)	
9:50 AM	100mH
11:00 AM	High Jump
2:00 PM	Shot Put
5:00 PM	200m

PENTATHLON (U16) WOMEN	
9:30 AM	80mH
11:00 AM	High Jump
1:30 PM	Long Jump
3:15 PM	Shot Put
5:10 PM	800m

PENTATHLON (U16) MEN	
9:45 AM	100mH
10:45 AM	Long Jump
1:00 PM	Shot Put
2:45 PM	High Jump
5:20 PM	1000m

**TENTATIVE SCHEDULE OF EVENTS****TRACK EVENTS | SUNDAY – JULY 06, 2025**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
8:15 AM	3000m	Women	FINAL	U18	
8:30 AM	3000m	Men	FINAL	U18	
8:40 AM	2000m	Women	FINAL	U16	
8:50 AM	2000m	Men	FINAL	U16	
9:10 AM	110mH	Men	DECATHLON	U18 + U20 + Senior	
9:15 AM	TRACK BREAK – 45 MINUTES				
10:00 AM	200m	Women	Semi Final	U16	
10:15 AM	200m	Men	Semi Final	U16	
10:30 AM	200m	Women	Semi Final	U18	
10:45 AM	200m	Men	Semi Final	U18	
11:00 AM	200m	Women	Semi Final	U20	
11:15 AM	200m	Men	Semi Final	U20	
11:25 AM	200m	Women	Semi Final	Senior	
11:35 AM	200m	Men	Semi Final	Senior	
11:40 AM	TRACK BREAK – 40 MINUTES				
12:20 PM	300mH	Women	FINAL	U16	
12:25 PM	300mH	Men	FINAL	U16	
12:30 PM	400mH	Women	FINAL	U18	
12:35 PM	400mH	Men	FINAL	U18	
12:40 PM	400mH	Women	FINAL	U20	
12:45 PM	400mH	Men	FINAL	U20	
12:50 PM	400mH	Women	FINAL	Senior	
12:55 PM	400mH	Men	FINAL	Senior	
1:00 PM	TRACK BREAK – 25 MINUTES				
1:25 PM	200mWC	Women + Men	FINAL	WC	
1:30 PM	200m	Women	FINAL	U16	
1:35 PM	200m	Men	FINAL	U16	
1:40 PM	200m	Women	FINAL	U18	
1:45 PM	200m	Men	FINAL	U18	
1:50 PM	200m	Women	FINAL	U20	
1:55 PM	200m	Men	FINAL	U20	
2:00 PM	200m	Women	FINAL	Senior	
2:05 PM	200m	Men	FINAL	Senior	



**TENTATIVE SCHEDULE OF EVENTS****TRACK EVENTS | SUNDAY – JULY 06, 2025 (cont'd)**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
2:30 PM	800mWC	Women + Men	FINAL	Wheelchair	
2:40 PM	800m	Women	FINAL	U16	
2:50 PM	800m	Men	FINAL	U16	
3:05 PM	800m	Women	FINAL	U18	
3:15 PM	800m	Men	FINAL	U18	
3:35 PM	800m	Women	FINAL	U20	
3:40 PM	800m	Men	FINAL	U20	
3:50 PM	800m	Women	FINAL	Senior	
3:55 PM	800m	Men	FINAL	Senior	
4:05 PM	800m	Women	HEPTATHLON	U18 + U20 + Senior	
4:10 PM	1500m	Men	DECATHLON	U18 + U20 + Senior	
4:20 PM	4 x 400m	Women	FINAL	U18	
4:30 PM	4 x 400m	Men	FINAL	U18	
4:40 PM	4 x 400m	Women	FINAL	U20	
4:50 PM	4 x 400m	Men	FINAL	U20	
4:55 PM	4 x 400m	Women	FINAL	Senior	
5:00 PM	4 x 400m	Men	FINAL	Senior	

**TENTATIVE SCHEDULE OF EVENTS****FIELD EVENTS | SUNDAY – JULY 06, 2025**

TIME	EVENT	CATEGORY	ROUND	AGE	NO
9:00 AM	Long Jump	Women	FINAL	U18	Pit 1
9:00 AM	High Jump	Men	FINAL	U16	
9:00 AM	Javelin Throw	Women	FINAL	U16 + U18	
9:15 AM	Shot Put	Men	FINAL	U16 + U18	
10:00 AM	Long Jump	Women	HEPTATHLON	U18 + U20 + Senior	Pit 2
10:00 AM	Discus Throw	Men	DECATHLON	U18 + U20 + Senior	
10:45 AM	Javelin Throw	Men	FINAL	U16	
11:00 AM	High Jump	Women	FINAL	U16	
11:00 AM	Shot Put	Women	FINAL	U16	
11:30 AM	Pole Vault	Men	DECATHLON	U18 + U20 + Senior	
11:30 AM	Discus Throw	Women + Men	FINAL	Seated Throws	
11:45 AM	Long Jump	Men	FINAL	U20	Pit 1
12:00 PM	Long Jump	Women	FINAL	U20 + Senior	Pit 2
12:00 PM	Javelin Throw	Men	FINAL	U18	
12:45 PM	Shot Put	Women	FINAL	U18	
1:30 PM	Long Jump	Men	FINAL	U16	Pit 2
1:30 PM	High Jump	Women	FINAL	U18 + U20 + Senior	
1:30 PM	Javelin Throw	Women	HEPTATHLON	U18 + U20 + Senior	
2:00 PM	Long Jump	Men	FINAL	Senior	Pit 1
2:15 PM	Shot Put	Women + Men	FINAL	U20 + Senior	
2:30 PM	Shot Put	Women + Men	FINAL	Para Seated Throws	
2:45 PM	Javelin Throw	Men	DECATHLON	U18 + U20 + Senior	

2025 BC ATHLETICS OUTDOOR TRACK & FIELD CHAMPIONSHIPS  
**TENTATIVE SCHEDULE OF EVENTS**



**COMBINED EVENTS – 06 JUL 25**

\* ALL TIMES APPROXIMATE. \* ALL TIMES APPROXIMATE. ATHLETES WILL BE GIVEN A MIN. OF 30 MINUTES BETWEEN EVENTS FROM WHEN ALL ATHLETES HAVE COMPLETE THE PREVIOUS EVENT.

DECATHLON (U18 + U20 + Senior)	
9:10 AM	110mH
10:00 AM	Discus Throw
11:30 AM	Pole Vault
2:45 PM	Javelin
4:10 PM	1500m

HEPTATHLON (U18 + U20 + Senior)	
10:00 AM	Long Jump
1:30 PM	Javelin Throw
4:05 PM	800m