

Upper Age Group National Finals Timetable 2025

Track

Event No.	Time	Event	M/F	Competitors
T1.1	11.00	400m Hurdles	U20 Men	A Race
T1.2	11.05	400m Hurdles	U20 Men	B Race
T2.1	11.15	400m Hurdles	U17 Men	A Race
T2.2	11.20	400m Hurdles	U17 Men	B Race
T3.1	11.30	400m Hurdles	U20 Women	A Race
T3.2	11.35	400m Hurdles	U20 Women	B Race
T4.1	11.45	300m Hurdles	U17 Women	A Race
T4.2	11.50	300m Hurdles	U17 Women	B Race
T5	11.55	1500m	U20 Men	A & B String
T6	12.00	1500m	U17 Men	A & B String
T7	12.05	1500m	U20 Women	A & B String
T8	12.10	1500m	U17 Women	A & B String
T9.1	12.15	100m	U20 Men	A Race
T9.2	12.20	100m	U20 Men	B Race
T10.1	12.25	100m	U17 Men	A Race
T10.2	12.30	100m	U17 Men	B Race
T11.1	12.35	100m	U20 Women	A Race
T11.2	12.40	100m	U20 Women	B Race
T12.1	12.45	100m	U17 Women	A Race
T12.2	12.50	100m	U17 Women	B Race
T13.1	13.00	400m	U20 Men	A Race
T13.2	13.05	400m	U20 Men	B Race
T14.1	13.10	400m	U17 Men	A Race
T14.2	13.15	400m	U17 Men	B Race
T15.1	13.20	400m	U20 Women	A Race
T15.2	13.25	400m	U20 Women	B Race
T16.1	13.35	300m	U17 Women	A Race
T16.2	13.40	300m	U17 Women	B Race
T17	13.45	3000m	Men	All
T18.1	14.00	80m Hurdles	U17 Women	A Race
T18.2	14.05	80m Hurdles	U17 Women	B Race
T19.1	14.15	100m Hurdles	U20 Women	A Race
T19.2	14.20	100m Hurdles	U20 Women	B Race
T20.1	14.25	100m Hurdles	U17 Men	A Race
T20.2	14.30	100m Hurdles	U17 Men	B Race
T21	14.35	3000m	Women	All
T22.1	14.50	110m Hurdles	U20 Men	A Race
T22.2	14.55	110m Hurdles	U20 Men	B Race
T23.1	15.05	200m	U20 Men	A Race
T23.2	15.10	200m	U20 Men	B Race
T24.1	15.15	200m	U17 Men	A Race
T24.2	15.20	200m	U17 Men	B Race
T25.1	15.25	200m	U20 Women	A Race
T25.2	15.30	200m	U20 Women	B Race
T26.1	15.35	200m	U17 Women	A Race
T26.2	15.40	200m	U17 Women	B Race

Track cont.

Event No.	Time	Event	M/F	Competitors
T27.1	15.45	800m	U20 Men	A Race
T27.2	15.50	800m	U20 Men	B Race
T28.1	15.55	800m	U17 Men	A Race
T28.2	16.00	800m	U17 Men	B Race
T29.1	16.05	800m	U20 Women	A Race
T29.2	16.10	800m	U20 Women	B Race
T30.1	16.15	800m	U17 Women	A Race
T30.2	16.20	800m	U17 Women	B Race
T31	16.30	2000m s/c	U20 Men	One Race
T32	16.40	4 x 100m R	U17 Women	One Race
T33	16.45	4 x 100m R	U17 Men	One Race
T34	16.50	4 x 100m R	U20 Women	One Race
T35	16.55	4 x 100m R	U20 Men	One Race
T36	17.05	1500m s/c	U17 Men	One Race
T37	17.15	1500m s/c	All-Women	One Race
T38	17.30	4 x 300m R	U17 Women	One Race
T39	17.40	4 x 400m R	U17 Men	One Race
T40	17.50	4 x 400m R	U20 Mixed	B Race
T41	18.00	4 x 400m R	U20 Mixed	A Race

Field

Event No.	Time	Event	M/F
F1	10.15	Hammer	Men
F2	10.15	Long Jump	Women
F3	11.00	Pole Vault	Women
F4	11.35	Hammer	Women
F5	11.45	Long Jump	Men
F6	12.00	High Jump	Men
F7	12.55	Discus	Men
F8	12.55	Shot	Women
F9	14.15	Discus	Women
F10	14.30	Triple Jump	Men
F11	14.30	Pole Vault	Men
F12	14.45	Shot	Men
F13	15.00	High Jump	Women
F14	15.35	Javelin	Men
F15	16.00	Triple Jump	Women
F16	16.55	Javelin	Women

With the exception of vertical jumps, all athletes will have 3 trials with top 3 U20 & 3 U17 a further (4th) trial having first achieved the required standard