

# Hampshire Athletics Track & Field Championships Provisional Event Timetable 2025



All times shown are provisional and are to help you to plan entries. The actual times (but not the day) may be changed depending on the numbers entering. The starting heights for High Jump and Pole Vault are shown for each age group. Subsequent progression will be 5cm for High Jump and 10cm for Pole Vault.

‡ **Semi-finals** will only be scheduled if 4 or more heats are required.

UNDER 13 BOYS	UNDER 15 BOYS	UNDER 17 MEN	UNDER 20 MEN	SENIOR MEN
<b>MONDAY 5 MAY</b> 11.00 2000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 2000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL
<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>
10.00 Pole Vault (1.60m) 10.20 200m HEATS 11.50 800m* HEATS 12.45 Javelin 14.35 200m FINAL 15.30 Discus 15.45 Long Jump	10.00 Pole Vault (1.60m) 10.00 Long Jump 10.30 200m HEATS 11.35 3000m* FINAL 12.00 800m* HEATS 14.40 200m FINAL 15.30 Discus	10.00 400m Hurdles FINAL 10.00 Pole Vault (2.90m) 10.00 Long Jump 10.35 200m HEATS 11.35 3000m FINAL 13.00 Discus 13.25 800m HEATS 14.30 Javelin 14.45 200m FINAL 16.30 800m FINAL	10.00 Pole Vault (2.90m) 10.10 400m Hurdles FINAL 11.35 3000m FINAL 12.45 Long Jump 13.00 Discus 14.50 200m FINAL 16.30 Javelin 16.35 800m FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (2.90m) 10.45 200m HEATS 12.45 Long Jump 13.00 Discus 13.55 800m HEATS 14.55 200m FINAL 15.30 5000m FINAL 16.30 Javelin 16.40 800m FINAL
*U13 and U15 athletes may only compete in one race of 800m or 1500m in any one day. Qualifiers for the 800m final on Sunday may not compete in the 1500m.				
<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>
12.05 800m* FINAL 12.30 100m HEATS 13.35 75m Hurdles FINAL 13.40 1500m FINAL 14.00 Shot 14.45 High Jump (1.10m) 16.30 100m FINAL	09.30 Hammer 11.30 300m HEATS 12.15 800m FINAL 12.40 100m HEATS 13.00 High Jump (1.10m) 13.15 Javelin 13.50 80m Hurdles FINAL 14.30 1500m FINAL 15.30 Triple Jump 15.45 Shot 16.05 300m FINAL 16.35 100m FINAL	09.30 Hammer 10.00 High Jump (1.40m) 11.40 400m HEATS 11.45 Shot 12.50 100m HEATS 14.15 100m Hurdles FINAL 14.40 1500m FINAL 15.20 1500m S'chase FINAL 15.30 Triple Jump 15.50 400m FINAL 16.40 100m FINAL	09.30 Hammer 10.00 High Jump (1.40m) 11.45 Shot 14.20 110m Hurdles FINAL 15.30 2000m S'chase FINAL 15.30 Triple Jump 15.55 400m FINAL 16.10 1500m FINAL 16.45 100m FINAL	09.30 Hammer 10.00 High Jump (1.40m) 11.45 Shot 11.50 400m HEATS 13.00 100m HEATS 14.20 110m Hurdles FINAL 15.30 Triple Jump 15.40 3000m S'chase FINAL 16.00 400m FINAL 16.20 1500m FINAL 16.50 100m FINAL

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The starting heights for High Jump and Pole Vault are shown for each age group. Subsequent progression will be 5cm for High Jump and 10cm for Pole Vault.

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UNDER 13 GIRLS	UNDER 15 GIRLS	UNDER 17 WOMEN	UNDER 20 WOMEN	SENIOR WOMEN
<b>MONDAY 5 MAY</b> 11.00 2000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 2000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL	<b>MONDAY 5 MAY</b> 11.00 3000m Walk FINAL
<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>	<b>SATURDAY 10 MAY</b>
10.55 800m HEATS 11.00 Javelin 12.10 100m HEATS 14.10 70m Hurdles HEATS 15.00 100m SEMI-FINALS‡ 15.30 High Jump (1.05m) 15.55 70m Hurdles FINAL 16.00 Shot 16.45 100m FINAL	11.00 Hammer 11.05 800m HEATS 11.20 300m HEATS 12.25 100m HEATS 13.15 High Jump (1.05m) 13.45 75m Hurdles HEATS 13.45 Triple Jump 14.25 300m FINAL 15.05 100m SEMI-FINALS‡ 16.00 Shot 16.25 75m Hurdles FINAL	10.00 High Jump (1.30m) 11.00 Hammer 11.30 300m HEATS 12.30 Shot 12.45 100m HEATS 13.35 80m Hurdles FINAL 13.45 Triple Jump 14.30 300m FINAL 15.10 100m SEMI-FINALS‡ 15.20 1500m S'chase FINAL 16.00 1500m FINAL 16.55 100m FINAL	09.30 Hammer 10.00 High Jump (1.30m) 13.00 100m HEATS 13.20 100m Hurdles FINAL 13.45 Triple Jump 14.15 Shot 14.20 400m FINAL 15.20 1500m S'chase FINAL 16.10 1500m FINAL 17.00 100m FINAL	09.30 Hammer 10.00 High Jump (1.30m) 13.10 100m HEATS 13.20 100m Hurdles FINAL 13.45 Triple Jump 14.15 Shot 14.20 400m FINAL 15.20 1500m S'chase FINAL 16.10 1500m FINAL 17.05 100m FINAL
*U13 and U15 athletes may only compete in one race of 800m or 1500m in any one day. Qualifiers for the 800m final on Sunday may not compete in the 1500m.				
<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>	<b>SUNDAY 11 MAY</b>
10.15 200m HEATS 12.00 800m* FINAL 13.05 200m SEMI-FINALS‡ 13.45 Discus 13.55 1500m* FINAL 14.15 Long Jump 14.50 200m FINAL	10.00 Pole Vault (1.60m) 10.00 Long Jump 10.30 200m HEATS 11.45 Javelin 12.10 800m FINAL 13.10 200m SEMI-FINALS‡ 13.45 Discus 14.05 1500m FINAL 14.55 200m FINAL	10.00 Pole Vault (1.60m) 10.10 300m Hurdles FINAL 10.45 200m HEATS 12.00 Long Jump 12.20 800m HEATS 13.10 200m SEMI-FINALS‡ 13.20 3000m FINAL 15.00 200m FINAL 15.30 Javelin 15.45 Discus 16.55 800m FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (1.60m) 10.00 Long Jump 11.00 200m HEATS 11.30 Discus 13.20 3000m FINAL 15.05 200m FINAL 15.30 Javelin 17.00 800m FINAL	10.00 400m Hurdles FINAL 10.00 Pole Vault (1.60m) 10.00 Long Jump 11.10 200m HEATS 11.30 Discus 13.20 3000m FINAL 15.10 200m FINAL 15.30 Javelin 17.10 800m FINAL