

20/02/25

**37<sup>th</sup> MIOMAC COMPETITION SCHEDULE - 2025****1<sup>st</sup> DAY : 23<sup>rd</sup> MAY 2025 (FRIDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	0800	2000m Walk	Women	35 – 44
102	0820	Long Jump	Women	65 and above
103	0820	Discus	Men	70 and above
104	0820	2000m Walk	Women	45 – 54
105	0840	2000m Walk	Women	55 – 64
106	0910	2000m Walk	Women	65 and above
107	0920	Long Jump	Women	55 - 64
108	0920	Discus	Men	55 – 69
109	0940	800m	Men	35 – 39
110	0950	800m	Men	40 – 44
111	1000	800m	Men	45 – 49
112	1020	Long Jump	Women	45 - 54
113	1020	Discus	Men	40 – 54
114	1020	800m	Men	50 – 54
115	1030	800m	Men	55 – 59
116	1040	800m	Men	60 – 64
117	1050	800m	Men	65 and above
118	1100	Long Jump	Women	35 – 44
119	1110	200m	Women	70 and above
120	1120	Discus	Men	35 - 39
121	1120	200m	Women	65 – 69
122	1130	200m	Women	60 – 64
123	1140	200m	Women	55 – 59
124	1150	200m	Women	50 – 54
125	1200	200m	Women	45 – 49
126	1210	200m	Women	40 – 44
127	1220	200m	Women	35 – 39

**AFTERNOON SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
128	1400	200m	Men	35 – 39
129	1410	200m	Men	40 – 44
130	1410	High jump	Men	35 – 49
131	1410	Discus	Women	35 – 49
132	1420	200m	Men	45 – 49
133	1430	200m	Men	50 - 54
134	1440	200m	Men	55 – 59
135	1450	200m	Men	60 – 64
136	1500	200m	Men	65 – 69
137	1500	High Jump	Men	50 – 64
138	1510	200m	Men	70 and above
139	1510	Discus	Women	50 – 64
140	1520	800m	Women	35 – 39
141	1535	800m	Women	40 – 44
142	1550	800m	Women	45 – 49
143	1605	800m	Women	50 – 54
144	1620	800m	Women	55 – 59
145	1620	High Jump	Men	65 and above
146	1620	Discus	Women	65 and above
147	1635	800m	Women	60 – 64
148	1650	800m	Women	65 – 69
149	1705	800m	Women	70 and above

**2<sup>nd</sup> DAY : 24<sup>th</sup> MAY 2025 (SATURDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	0800	3000m Walk	Men	35 - 49
202	0800	Javelin	Women	35 - 44
203	0800	Long Jump	Men	35 - 44
204	0830	3000m Walk	Men	50 - 59
205	0900	3000m Walk	Men	60 - 69
206	0910	Long Jump	Men	45 - 54
207	0910	Javelin	Women	45 - 54
208	0930	3000m Walk	Men	70 and above
209	1010	Javelin	Women	55 - 64
210	1010	Long Jump	Men	55 - 64
211	1010	400m	Women	35 - 39
212	1020	400m	Women	40 - 44
213	1030	400m	Women	45 - 49
214	1030	High Jump	Women	60 and above
215	1040	400m	Women	50 - 54
216	1050	400m	Women	55 - 59
217	1100	Javelin	Women	65 and above
218	1100	Long Jump	Men	65 and above
219	1100	400m	Women	60 and above
220	1100	High Jump	Women	45 - 59
221	1110	400m	Men	65 and above
222	1120	400m	Men	60 - 64
223	1130	400m	Men	55 - 59
224	1140	400m	Men	50 - 54
225	1150	High Jump	Women	35 - 44
226	1150	400m	Men	45 - 49
227	1200	400m	Men	40 - 44
228	1210	400m	Men	35 - 39
229	1220	4 x 100m	Women	Open
230	1230	4 x 100m	Men	Open

**AFTERNOON SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
231	1400	100m	Women	35 - 39
232	1400	Javelin	Men	35 - 49
233	1400	Shot Put	Women	35 - 44
234	1410	100m	Women	40 - 44
235	1420	100m	Women	45 - 49
236	1430	100m	Women	50 - 54
237	1440	100m	Women	55 - 59
238	1450	100m	Women	60 - 64
239	1450	Shot Put	Women	45 - 59
240	1500	Javelin	Men	50 - 64
241	1500	100m	Women	65 and above
<b>242</b>	<b>1510</b>	<b>1500m</b>	<b>Men</b>	<b>35 - 39</b>
<b>243</b>	<b>1525</b>	<b>1500m</b>	<b>Men</b>	<b>40 - 44</b>
244	1540	Shot Put	Women	60 and above
<b>245</b>	<b>1540</b>	<b>1500m</b>	<b>Men</b>	<b>45 - 49</b>
<b>246</b>	<b>1555</b>	<b>1500m</b>	<b>Men</b>	<b>50 - 54</b>
247	1600	Javelin	Men	65 and above
<b>248</b>	<b>1610</b>	<b>1500m</b>	<b>Men</b>	<b>55 - 59</b>
<b>249</b>	<b>1625</b>	<b>1500m</b>	<b>Men</b>	<b>60 - 64</b>
<b>250</b>	<b>1640</b>	<b>1500m</b>	<b>Men</b>	<b>65 and above</b>
251	1655	2000m	Women	35 - 44
252	1715	2000m	Women	45 - 54
253	1730	2000m	Women	55 - 64
254	1750	2000m	Women	65 and above

### 3<sup>rd</sup> DAY : 25<sup>th</sup> MAY 2025 (SUNDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
301	0800	1500m	Women	65 and above
302	0800	Shot Put	Men	35 – 49
303	0800	Triple Jump	Men	70 and above
304	0815	1500m	Women	60 – 64
305	0830	1500m	Women	55 – 59
306	0845	1500m	Women	50 – 54
307	0900	1500m	Women	45 – 49
308	0900	Shot Put	Men	50 – 59
309	0900	Triple Jump	Men	60 – 69
310	0915	1500m	Women	40 – 44
311	0930	1500m	Women	35 – 39
<b>312</b>	<b>0945</b>	<b>100m</b>	<b>Men</b>	<b>35 - 39</b>
<b>313</b>	<b>0955</b>	<b>100m</b>	<b>Men</b>	<b>40 - 44</b>
314	1000	Shot Put	Men	60 – 74
<b>315</b>	<b>1010</b>	<b>100m</b>	<b>Men</b>	<b>45 - 49</b>
316	1015	Triple Jump	Men	50 – 59
<b>317</b>	<b>1025</b>	<b>100m</b>	<b>Men</b>	<b>50 - 54</b>
<b>318</b>	<b>1040</b>	<b>100m</b>	<b>Men</b>	<b>55 - 59</b>
<b>319</b>	<b>1055</b>	<b>100m</b>	<b>Men</b>	<b>60 - 64</b>
320	1100	Shot Put	Men	75 and above
321	1100	Triple Jump	Men	35 – 49
<b>322</b>	<b>1110</b>	<b>100m</b>	<b>Men</b>	<b>65 and above</b>
323	1130	Medley Relay (200m, 200m, 400m, 800m)	Open	Open

### AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
324	1400	Triple Jump	Women	35 - 49
325	1400	80m H (.762)	Women	40 – 49
326	1415	100m H (.840)	Women	35 - 39
327	1425	100m H (.840)	Men	65 - 69
328	1435	100m H (.840)	Men	60 – 64
329	1450	100m H (.914)	Men	55 - 59
330	1500	Triple Jump	Women	50 - 64
331	1500	100m H (.914)	Men	50 – 54
332	1515	110m H (.991)	Men	45 - 49
333	1525	110m H (.991)	Men	40 - 44
334	1535	110m H (.991)	Men	35 - 39
335	1550	3000m	Men	70 and above
336	1600	Triple Jump	Women	65 and above
337	1620	3000m	Men	55 – 69
338	1645	3000m	Men	45 – 54
339	1705	3000m	Men	35 – 44
340	1725	4 x 400m	Women	Open
341	1735	4 x 400m	Men	Open
		<b>VICTORY CEREMONY &amp; CLOSING</b>		

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Competition Committee