Coast2Coast International Meet 2025

Friday July 11th

Track			Field		
Time	Event	Age groups	Time	Event	Age groups
			8:15am	Pole vault warm-up	MU16 & U18
			9.00am	Javelin	MU16 & U18
9:00am	3000m walk	U16 M & F	9:00am	Triple Jump	WU18
	5000m walk	U18, U20 & Open M & F	9:00am	Pole vault	MU16 & MU18
			10:15am	Javelin	MU20
9:50am	60m Heats	All ages - M & F			
			10:30am	Triple Jump	WU16
10:45am	3000m Steeplechase - 91cm	MU20 & Open			
			11:00am	Pole vault warm-up	MU20 & Open
11:05am	2000m Steeplechase - 84cm	MU18			
11:20pm	2000m Steeplechase - 76cm	MU16, WU16, WU18			
			10:55am	Javelin	WU16
			11:30am	High Jump	WU20 & Open
			11:45am	Pole vault	MU20, MOpen
11:45pm	3000m Steeplechase - 76cm	WU20 & Open	11:50am	Shot Put	MU18
			11:50pm	Long Jump	MU16
12:30pm	Sprint hurdle heats	For all age groups requiring heats	12:30pm	Shot Put	WU16
			1:15pm	Javelin	WU20
1:15pm	60m semi-finals	For all age groups requiring semis	1:15pm	Long Jump	MU18
			1:45pm	Pole vault warm-up	W - all ages
2:00pm	60m Finals	All ages - M & F			
			2:30pm	Javelin	WU18
			2:30pm	Shot Put	MU16 & M Op Amb
2:45pm	400m Para finals	M & F Op Amb	2:30pm	Pole vault	W - all ages
3:30pm	4x100m Relays - Timed Finals	All ages - M & F	3:30pm	Javelin	MOpen

Saturday July 12th

Track			Field		
Time	Event	Age groups	Time	Event	Age groups
8:45am	400m heats	For all ages requiring heats	8:30am	High Jump	WU16
9:00am	5000m	FU20, Open & MU20, Open			
9:35am	3000m	FU16, U18 & MU16, U18	9:45am	Triple Jump	MU20 & MOp
	Sprint hurdle finals	All age groups	9:45am	Triple Jump	MU16
10:10am	Open M 110m @106.7cm		9:50am	High Jump	MU18
10:15am	U20M 110m @ 99cm		9:50am	Javelin	WU18
10:20am	U18M 110m @ 91cm				
10:25am	U16M 100m @ 84cm				
10:35am	OpW & U20W 100m@84cm				
10:40am	U18W 100m @ 76cm				
10:45am	U16W 100m @ 76cm				

Saturday July 12th (cont'd)

Track			Field		
Time	Event	Age groups	Time	Event	Age groups
10:50am	Welcome & Team Photos				
11:30am	200m Heats	All ages - M & F	11:30am	High Jump	WU18
			11:30am	Shot Put	MU20
			12:15pm	Javelin	WOpen
			12:15pm	Triple Jump	WOpen & WU20
12:45pm	800m	Straight Finals	12:45pm	Shot Put	WU18
			1:00pm	High Jump	MU20 & Mopen
			1:00pm	Discus	MU18
1:50pm	200m Finals	All ages - M & F			
			2:30pm	High Jump	MU16
			2:30pm	Discus	WU16 &WOp Amb
			2:45pm	Triple Jump	MU18
2:50pm	4x400m Mixed Relays - Timed Finals	All ages - M & F			
			3:00pm	Shot Put	WU20

Sunday July 13th

Track			Field		
Time	Event	Age groups	Time	Event	Age groups
8:30am	Long hurdles	All ages - M & F	8:30am	Discus	WU18
			9:15am	Long Jump	WU18
9:45am	1500m Finals	All ages - M & F			
			10:00am	Discus	WOpen & WU20
			10:40am	Long Jump	MOpen & MU20
11:25am	100m Heats	All ages - M & F			
	(incl. MOp Amb & W Op Amb Finals)				
			11:30am	Shot Put	MOpen & M Op Amb
			11:30am	Discus	MU20
12:50pm	400m Finals	All ages - M & F	12:15pm	Long Jump	WOpen & WU20
			1:00pm	Shot Put	WOpen & W Op Amb
			1:30pm	Discus	MOpen & M Op Amb
1:30pm	100m Finals	All ages - M & F	1:30pm	Long Jump	WU16
			2:00pm	Discus	MU16
2:20pm	4x400m Relays - Timed Finals	All ages - M & F			