

2025 Australian Master Games, Canberra

Athletics Program of Events

Date: Saturday 18 October 2025

Venue: Australian Institute of Sport

Saturday	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
0900	Mens Long Jump	30-49	8		Finals		Long Jump 1	including MC
0900	Womens Hammer	60-69	10		Finals	3kg	Ham/Disc	
0900	Mens Shot Put	50-59	9		Finals	6kg	Shot Put 1	
0900	Womens 100m	30-49	7		Penta		Track	
0903	Womens 100m	50+	8		Penta		Track	
0906	Mens 100m	65-69	14	2	Heats		Track	
0912	Mens 100m	50-54	11	2	Heats		Track	
0930	Womens 5000m	all ages	14		Finals		Track	water station
1000	Mens Long Jump	70+	8		Finals		Long Jump 1	
1000	Womens Hammer	70+	6		Finals	3kg/2kg	Ham/Disc	
1000	Womens Shot Put	30-49	7		Penta		Shot Put 1	Group 1
1000	Mens Javelin	30-49	7		Finals	800g	Javelin 1	including MC
1015	Mens 400m hurdles	30-49	3		Finals	0.914	Track	
1025	Mens 400m hurdles	50-59	6		Finals	0.838	Track	
1035	Womens 400m hurdles	35-44	2		Finals	0.762	Track	
1040	Womens 300m hurdles	50-59	0		Finals	0.762	Track	
1042	Mens 300m hurdles	60-69	8		Finals	0.762	Track	
1052	Mens 300m hurdles	70-79	2		Finals	0.686	Track	
1054	Mens 200m hurdles	80+	0		Finals	0.686	Track	
1054	Womens 200m hurdles	70+	0		Finals	0.686	Track	
1056	Womens 300m hurdles	60-69	2		Finals	0.686	Track	
1100	Mens Long Jump	50-59	15		Finals		Long Jump 1	
1100	Womens Hammer	50-59	10		Finals	3kg	Ham/Disc	
1100	Womens Shot Put	50+	8		Penta		Shot Put 1	Group 2
1100	Mens Javelin	60-69	15		Finals	600g	Javelin 1	
1115	Mens 100m	80+	5		Finals		Track	
1118	Mens 100m	70-79	9		Finals		Track	
1121	Mens 100m	65-69	8		Finals		Track	
1124	Mens 100m	60-64	9		Finals		Track	
1127	Mens 100m	55-59	9		Finals		Track	
1130	Mens 100m	50-54	8		Finals		Track	
1133	Mens 100m	45-49	8		Finals		Track	
1136	Mens 100m	40-44	5		Finals		Track	
1139	Mens 100m	30-39	10		Finals		Track	inc MC
1200	Womens 1500m Walk	all ages	19		Finals		Track	
1200	LUNCH - Field							
1215	Mens 1500m Walk	all ages	12		Finals		Track	
1230	LUNCH - Track							
1300	Womens Long Jump	30-49	7		Penta		Long Jump 1	Group 1
1300	Mens High Jump	30-49	8		Finals		High Jump 1	
1300	Womens Hammer	30-49	12		Finals	4kg	Ham/Disc	
1300	Mens Javelin	70+	13		Finals	500g/400g	Javelin 1	
1330	Mens 60m	65-69	13	2	Heats		Track	
1336	Mens 60m	50-54	11	2	Heats		Track	
1400	Womens 400m	70+	5		Finals		Track	
1400	Womens Long Jump	50+	8		Penta		Long Jump 1	Group 2
1400	Mens Shot Put	60-69	10		Finals	5kg	Shot Put 1	
1400	Mens High Jump	70+	4		Finals		High Jump 1	
1404	Womens 400m	60-69	7		Finals		Track	
1408	Womens 400m	45-59	7		Finals		Track	
1412	Womens 400m	30-44	7		Finals		Track	
1420	Womens Javelin	30-49	7		Penta		Javelin 1	Group 1
1430	Mens 60m	80+	6		Finals		Track	

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Saturday	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
1433	Mens 60m	70-79	7		Finals		Track	
1436	Mens 60m	65-69	8		Finals		Track	
1439	Mens 60m	60-64	10		Finals		Track	
1442	Mens 60m	55-59	6		Finals		Track	
1445	Mens 60m	50-54	8		Finals		Track	
1448	Mens 60m	45-49	8		Finals		Track	
1451	Mens 60m	40-44	5		Finals		Track	
1454	Mens 60m	30-39	6		Finals		Track	
1500	Mens Long Jump	60-69	12		Finals		Long Jump 1	
1500	Womens High Jump	70+	5		Finals		High Jump 1	
1500	Womens Discus	40-49	10		Finals	1kg	Ham/Disc	
1500	Mens Shot Put	30-49	10		Finals	7.26kg	Shot Put 1	including MC
1500	Womens Javelin	50+	8		Penta		Javelin 1	Group 2
1515	Mens 800m	70+	8		Finals		Track	
1522	Mens 800m	65-69	8		Finals		Track	
1529	Mens 800m	60-64	11		Finals		Track	
1536	Mens 800m	55-59	7		Finals		Track	
1543	Mens 800m	50-54	9		Finals		Track	
1550	Mens 800m	30-49	11		Finals		Track	including MC
1600	Mens High Jump	60-69	9		Finals		High Jump 1	
1600	Womens Discus	30-39	5		Finals	1kg	Ham/Disc	
1600	Mens Shot Put	70+	16		Finals	4kg/3kg	Shot Put 1	
1600	Mens Javelin	50-59	11		Finals	700g	Javelin 1	
1600	Womens 800m	30-49	7		Penta		Track	
1606	Womens 800m	50+	8		Penta		Track	

2025 Australian Master Games, Canberra
Athletics Program of Events
Date: Sunday 19 October 2025
Venue: Australian Institute of Sport

Sunday	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
0900	Mens Pole Vault	all ages	11		Finals		Pole Vault	
0900	Womens Pole Vault	all ages	3		Finals		Pole Vault	
0900	Seated Shot Put	all ages	0		Finals	WPA	Shot Put 4	
0900	Womens Javelin	50-59	9		Finals	500g	Javelin 1	
0900	Womens 60m	all ages	-	-	Heats		Track	if required
0900	Mens Hammer	30-49	5		Finals	7.26kg	Ham/Disc	
0900	Mens 3000m Walk	all ages	12		Final		Track	water station
0900	Womens 3000m Walk	all ages	12		Final		Track	split start
1000	Seated Javelin	all ages	0		Finals	WPA	Shot Put 4	
1000	Womens Javelin	30-39	6		Finals	600g	Javelin 1	
1000	Mens 3000m Steeplechase	30-59	12		Finals	0.838	Track	water station
1000	Mens Hammer	70+	7		Finals	4kg/3kg	Ham/Disc	
1000	Womens Long Jump	60+	9		Finals		Long Jump 1	
1030	Mens 2000m Steeplechase	60+	9		Finals	0.762	Track	water station
1030	Womens 2000m Steeplechase	all ages	3		Finals	0.762	Track	water station
1100	Womens Long Jump	50-59	5		Finals		Long Jump 1	
1100	Womens Shot Put	40-49	8		Finals	4kg	Shot Put 1	
1100	Womens Discus	70+	10		Finals	1kg/0.750g	Discus 2	
1100	Mens Hammer	60-69	9		Finals	5kg	Ham/Disc	
1103	Womens 60m	75+	9		Finals		Track	
1106	Womens 60m	70-74	7		Finals		Track	
1109	Womens 60m	60-69	9		Finals		Track	
1112	Womens 60m	50-59	7		Finals		Track	
1115	Womens 60m	40-49	8		Finals		Track	
1118	Womens 60m	30-39	10		Finals		Track	
1200	Womens Long Jump	30-49	12		Finals		Long Jump 1	
1200	LUNCH - Track							
1230	Mens 200m	80+	4		Finals		Track	
1233	Mens 200m	70-79	8		Finals		Track	
1236	Mens 200m	65-69	10	2	Finals		Track	Timed final
1242	Mens 200m	60-64	7		Finals		Track	
1245	Mens 200m	55-59	11	2	Finals		Track	Timed final
1251	Mens 200m	50-54	10	2	Finals		Track	Timed final
1257	Mens 200m	45-49	5		Finals		Track	
1300	Mens 200m	40-44	5		Finals		Track	
1300	Mens Hammer	50-59	7		Finals	6kg	Ham/Disc	
1300	Womens Shot Put	30-39	7		Finals	4kg	Shot Put 1	
1300	Womens Javelin	60-69	13		Finals	500g	Javelin 1	
1303	Mens 200m	30-39	6		Finals		Track	including MC
1330	Womens 100m	all ages	-	-	Heats		Track	if required
1400	Mens High Jump	50-59	7		Finals		High Jump 1	
1400	Womens Shot Put	50-59	11		Finals	3kg	Shot Put 1	
1400	Mens 1500m	70+	11		Finals		Track	
1400	Mens Discus	30-49	9		Finals	2kg	Ham/Disc	including MC
1400	Womens Javelin	70+	8		Finals	500g/400g	Javelin 1	
1410	Mens 1500m	60-69	14		Finals		Track	
1420	Mens 1500m	50-59	15		Finals		Track	
1430	Mens 1500m	30-49	11		Finals		Track	including MC
1445	Womens 800m	60+	8		Finals		Track	
1451	Womens 800m	30-59	9		Finals		Track	
1500	Womens High Jump	30-49	7		Finals		High Jump 1	
1500	Mens Discus	60-64	9		Finals	1kg	Ham/Disc	
1500	Womens Shot Put	60-69	11		Finals	3kg	Shot Put 1	
1515	Mens Discus	65-69	8		Finals	1kg	Discus 2	
1530	Womens 100m	80+	3		Finals		Track	
1533	Womens 100m	75-79	6		Finals		Track	
1536	Womens 100m	70-74	6		Finals		Track	
1539	Womens 100m	60-69	8		Finals		Track	
1542	Womens 100m	50-59	7		Finals		Track	

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Athletics Program of Events
Date: Sunday 19 October 2025
Venue: Australian Institute of Sport

Sunday	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
1545	Womens 100m	40-49	8		Finals		Track	
1548	Womens 100m	30-39	8		Finals		Track	
1600	Womens High Jump	50-69	5		Finals		High Jump 1	
1600	Womens Shot Put	70+	12		Finals	3kg/2kg	Shot Put 1	
1600	Mens Discus	70+	15		Finals	1kg	Discus 2	
1600	Mens Discus	50-59	11		Finals	1.5kg	Ham/Disc	

2025 Australian Master Games, Canberra
Athletics Program of Events
Date: Monday 20 October 2025
Venue: Woden Park

Monday	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
0830	Mens 5000m	30-59	26		Finals		Track	water; split start
0900	Mens Long Jump	30-59	15		Penta		Long Jump 1	Group 1
0900	Womens Hammer	30-59	21		Throw Penta		Ham/Disc	
0900	Seated Discus	all ages	0		Final	WPA	Discus 2	
0900	Club	all ages	0		Final	WPA	Discus 2	
0900	Mens Weight	30-49	5		Final	15.88kg	Weight	
0905	Mens 5000m	60+	22		Finals		Track	water; split start
1000	Mens Long Jump	60+	16		Penta		Long Jump 1	Group 2
1000	Womens Hammer	60+	17		Throw Penta		Ham/Disc	Group 2
1000	Womens Shot Put	30-59	21		Throw Penta		Shot Put 2	Group 1
1000	Mens Javelin	30-59	15		Penta		Javelin 1	Group 1
1015	Mens 110m Hurdles	30-49	4		Final	0.991	Track	Blue marks
1025	Mens 100m Hurdles	50-59	7		Final	0.914	Track	Yellow marks
1035	Womens 100m Hurdles	30-39	3		Final	0.838	Track	Yellow marks
1045	Mens 100m Hurdles	60-69	7		Final	0.838	Track	12/8/16 - 10
1055	Womens 80m Hurdles	40-44	1		Final	0.762	Track	12/8/12 - 8
1100	Womens Shot Put	60+	17		Throw Penta		Shot Put 2	Group 2
1100	Womens Discus	30-59	21		Throw Penta		Ham/Disc	Group 1
1100	Mens Javelin	60+	16		Penta		Javelin 1	Group 2
1105	Mens 80m Hurdles	70-79	2		Final	0.762	Track	Black - remove #9
1104	Womens 80m Hurdles	50-59	0		Final	0.762	Track	Black - remove #9
1115	Womens 80m Hurdles	60+	3		Final	0.686	Track	Black - remove #9
1110	Mens 80m Hurdles	80+	0		Final	0.686	Track	Black - remove #9
1200	Mens Triple Jump	60+	11		Final		Long Jump 1	
1200	Mens 200m	all ages	31	4	Penta		Track	
1200	Womens Discus	60+	17		Throw Penta		Ham/Disc	Group 2
1215	Womens 200m	75+	6		Final		Track	
1218	Womens 200m	70-74	5		Final		Track	
1221	Womens 200m	60-69	8		Final		Track	
1224	Womens 200m	50-59	8		Final		Track	
1227	Womens 200m	40-49	5		Final		Track	
1230	Womens 200m	30-39	5		Final		Track	
1240	LUNCH - Track							
1300	Mens Discus	30-59	15		Penta		Ham/Disc	Group 1
1300	Womens Javelin	30-59	21		Throw Penta		Javelin 1	Group 1
1300	Mens Weight	50-69	14		Final	11.34kg/9.08kg	Weight	
1400	Mens Discus	60+	16		Penta		Ham/Disc	Group 2
1400	Womens Javelin	60+	17		Throw Penta		Javelin 1	Group 2
1400	Womens Triple Jump	60+	9		Final		Long Jump 1	
1404	Mens 400m	70+	8		Final		Track	
1408	Mens 400m	65-69	7		Final		Track	
1412	Mens 400m	60-64	9	2	Final		Track	Timed final
1410	Mens Weight	70+	8		Final	7.26kg/5.45kg	Weight	
1420	Mens 400m	55-59	7		Final		Track	
1424	Mens 400m	50-54	9	2	Final		Track	Timed final
1432	Mens 400m	40-49	7		Final		Track	
1436	Mens 400m	35-39	3		Final		Track	
1500	Womens 1500m	all ages	11		Final		Track	
1500	Womens Weight	30-59	21		Throw Penta		Weight	Group 1
1500	Mens Triple Jump	30-59	13		Final		Long Jump 1	
1510	Mens 1500m	30-59	15		Penta		Track	
1520	Mens 1500m	60+	16		Penta		Track	
1600	Womens Weight	60+	17		Throw Penta		Weight	Group 2
1600	Womens Triple Jump	30-59	12		Final		Long Jump 1	

2025 Australian Master Games, Canberra

Athletics Program of Events

Date: Tuesday 21 October 2025

Venue: Woden Park

Tuesda	Event	Age Group	Entries	Races	Round	Specification	Event site	Remarks
0900	Mens Hammer	30-64	11		Throw Penta		Ham/Disc	Group 1
1000	Mens Hammer	65+	12		Throw Penta		Ham/Disc	Group 2
1000	Mens Shot Put	30-64	11		Throw Penta		Shot Put 1	Group 1
1000	Womens Weight	30-49	10		Final	9.08kg	Weight	
1100	Womens Weight	50-59	12		Final	7.26kg	Weight	
1100	Mens Shot Put	65+	12		Throw Penta		Shot Put 1	Group 2
1100	Mens Discus	30-64	11		Throw Penta		Ham/Disc	Group 1
1200	LUNCH							
1300	Womens Weight	60-69	9		Final	5.45kg	Weight	
1300	Mens Discus	65+	12		Throw Penta		Ham/Disc	Group 2
1300	Mens Javelin	30-64	11		Throw Penta		Javelin 1	Group 1
1400	Womens Weight	70+	7		Final	5.45kg/4kg	Weight	
1400	Womens Discus	50-59	10		Final	1kg	Ham/Disc	
1400	Mens Javelin	65+	12		Throw Penta		Javelin 1	Group 2
1500	Mens Weight	30-64	11		Throw Penta		Weight	Group 1
1500	Womens Discus	60-69	14		Final	1kg	Ham/Disc	
1500	Womens Javelin	40-49	12		Final	600g	Javelin 1	
1600	Mens Weight	65+	12		Throw Penta		Weight	Group 2

2025 Australian Master Games, Canberra
Athletics Program of Events
Date: Thursday 23 October 2025
Venue: Stromlo Forest Park

Thursday	Event	Age Group	Entries	Races	Round	Specificator	Event site	Remarks
0900	Mens 8km Cross Country	30-69	39		Final		XC course	1km+2km+2x2.5km
0900	Womens 8km Cross Country	30-69	18		Final		XC course	1km+2km+2x2.5km
0900	Mens 3km Multi Class XC	all ages	1		Final		XC course	1km+2km
0900	Womens 3km Multi Class XC	all ages	0		Final		XC course	1km+2km
0940	Mens 6km Cross Country	70+	9		Final		XC course	1km+2x2.5km
0940	Womens 6km Cross Country	70+	10		Final		XC course	1km+2x2.5km
1500	Mens 10km Road Walk	all ages	11		Final		Crit track	
1500	Womens 10km Road Walk	all ages	10		Final		Crit track	