



PROGRAM FOR CGMA CHAMPIONSHIP – 12 APRIL 2025 - GERMISTON

TRACK EVENTS

(FIELD EVENTS ON BACK OF THIS PAGE)

Item	Start time	Event & Age Category
1	(07:00) 08:30	Registration 5000m Men & Women (All)
2	09:10	5000m Walk Women (All)
3	09:50	5000m Walk Men (All)
4	10:30	2000m Steeple W 30+ M 60+
5	11:00	3000m Steeplechase Men 30 - 59
6	11:30	800m Women (All)
7	11:35	800m Men (All)
8	11:40	100m Women (All)
9	11:50	100m Men (All)
10	12:00	110m Hurdles Men 30 - 49
11	12:15	100m Hurdles Women 30-39
12	12:25	100m Hurdles Men 50-59
13	12:30	100m Hurdles Men 60-69
14	12:35	80m Hurdles - Women 40+
15	12:40	80m hurdles - Men 70+
LUNCH 12:45 - 13:15		
	12:45	40m Grandpa/ma + 1 Grandchild under7)
	12:50	50m Girls and boys under 6
	12:55	60m Girls & boys 7+
16	13:15	400m hurdles W 30-49
17	13:30	400m Hurdles M 30-59
18	13:45	300m Hurd W 50 - 69, M 60-79
19	14:00	200m Hurdles W 70+ M80+
20	14:15	400m Women (All)
21	14:35	400m Men (All)
22	14:55	200m Women (All)
23	15:15	200m Men (All)
24	15:35	1500m Women (All)
25	15:50	1500m Men (All)
26	16:00	4 x 100m relays (All)

Event	Circles:	Start time:	Gender & Age category
Hammer	A	07:45	M30 – 49
Weight throw	C		W30 – 49
Javelin			M50 – 59
Shotput	D		W50 – 59
Discus	B		W70+
Hammer	A	08:30	W60 – 69
Weight Throw	C	High Jump – All Men	W70+
Javelin			M70+
Shotput	D		M30 – 49
Discus	B		M50 – 59
Hammer	A	09:15	W50 – 59
Weight Throw	C		M60 – 69
Javelin			W60 – 69
Shotput	D		M70+
Discus	B		M30 – 49
Hammer	A	10:00	W30 – 49
Weight Throw	C	High Jump – All Women	M50 – 59
Javelin			W50 – 59
Shotput	D		M60 – 69
Discus	B		M70+
Hammer	A	10:45	W70+
Weight Throw	C	Long Jump – All men	M30 – 49
Javelin			W30 – 49
Shotput	D		M50 – 59
Discus	B		M60 – 69
Hammer	A	11:30	M70+
Weight Throw	C		W60 -69
Javelin			M30 – 49
Shotput	D		W70+
Greek Discus	B		M50 – 59
Hammer	A	12:15	M60 – 69
Weight Throw	C	Long jump – All Women	W 50 – 59
Shotput	D		W60 - 69
Greek Discus	B		M30 – 49
Lunch 12:45 -13:15			
Hammer	A	13:15	M50 – 59
Javelin		Triple Jump - All	M60 – 69
Shotput	D		W30 – 49
Greek Discus	C		W60 - 69
Discus	B		W50 – 59
Weight	C	14:00	M70+
Discus	A		W60 - 69
Greek Discus	D		M60 - 69
Greek Discus	B		W30 - 49
Greek discus	A	14:45	M70+
Javelin			W70+
Greek Discus	C		W50 - 59
Discus	B		W30 - 49
Greek Discus	D		W70+