

2025 Regional - Athletics Event Order

Start	Field Event	Gender	Flights
8:45	Shot Put	M	
-	W/C Shot	M/F	
9:00	Standing Long Jump	M	
-	Running Long Jump	M	
8:45	Mini-Javelin Throw	M	
10:00	Tennis Ball Throw	M	
	Softball Throw	M	

Start	Field Event	Gender	Flights
11:00	Shot Put	F	
11:30	Mini-Javelin Throw	F	
12:00	Tennis Ball Throw	F	
	Softball Throw	F	
12:15	Running Long Jump	F	
-	Standing Long Jump	F	

Start	Track Event	Gender	Heats
8:00	3k Walk	M/F	
	3k Road Race	M/F	
	3k Unified Team Run	M/F	
	400m Walk	F	
	400m Dash	F	
	400m W/C Race	M/F	
	25m W/C Obstacle	M/F	
	25m W/C Race	M/F	
	25m A/W	M/F	
	25m G/W	M/F	
	25m G/R	M/F	
	100m Walk	F	
	100m Dash	F	
	50m A/W	M/F	
	50m G/W	M/F	
	50m G/R	M/F	
	50m Walk	F	
	50m Dash	F	
	800m Walk	F	
	800m Run	F	
	10m W/C Race	M/F	
	10m A/W	M/F	
	10m G/W	M/F	
	100m W/C Race	M/F	

Start	Track Event	Gender	Heats
	100m G/W	M/F	
	100m Walk	M	
	100m Dash	M	
	400m Walk	M	
	400m Dash	M	
	1.5k Walk/Unified Walk (3.75 laps)	M/F	
	1.5k Run (3.75 laps)	M/F	
	200m W/C	M/F	
	200m Walk	M/F	
	200m Dash	M/F	
	30m Motorized W/C Slalom	M/F	
	30m Non-Motorized W/C Slalom	M/F	
	50m G/R	M	
	50m G/W	M	
	50m Walk	M	
	50m Dash	M	
	50m Motorized W/C Slalom	M/F	
	800m Walk	M	
	800m Run	M	
	4 x 100m Relay - Walk	M/F	
	4 x 100m Relay	M/F	
	4 x 100m Unified Relay	M/F	
	4 x 400m Relay	M/F	
	4 x 400m Unified Relay	M/F	

