

Mason Trophy 2025 Order of Events

Track		
10:15	IB	400m Hurdles
10:30	IG	300m Hurdles
10:45	JG	1500m
11:00	JB	1500m
11:15	IB	100m
11:25	IG	100m
11:35	JG	100m
11:45	JB	100m
11:55	IB	3000m
12:10	JG	75m Hurdles
12:25	IG	1500m
12:45	IG	80m Hurdles
13:00	JB	80m Hurdles
13:15	IB	1500m
13:30	IB	100m Hurdles
13:45	IG	3000m
14:00	JG	200m
14:10	JB	200m
14:20	IG	200m
14:30	IB	200m
14:40	JG	800m
14:54	JB	800m
15:08	IG	800m
15:22	IB	800m
15:35	IB	400m
15:45	JG	300m
15:55	JB	300m
16:05	IG	300m
16:15	IG	1500m Steeplechase
16:25	IB	1500m Steeplechase
x16:35	Junior	4x100m relay (Mixed)
16:45	Inter	4x100m relay(Mixed)

Field		
9:30	JB	Javelin (inside stadium area)
9:30	IG	Discus (outside throwing area)
10:15	JG	Shot
	JB	Long jump
	IG	High jump
	IB	Triple jump
	JB/JG	Pole vault
10:30	IB	Javelin (inside stadium area)
10:30	JG	Discus (outside throwing area)
11:55	IB	Discus (outside throwing area)
	JG	Javelin
11:55	JB	Shot
	IB	Long jump
	JG	High jump
	JB	Triple jump
13:35	IB	Shot
	JG	Long jump
	IB	High jump
	IB/IG	Pole vault
14:00	IG	Javelin (inside stadium area)
14:00	JB	Discus (outside throwing area)
15:15	IG	Shot
	IG	Long jump
	JB	High jump
	IG	Triple jump
15:30	JB/IB	Hammer (outside throwing area)
	JG/IG	Hammer (inside stadium area)
Mixed Relays are 2 Girls on the 1st and 2nd leg , 2 boys on 3rd and 4th leg Some throwing events are in the throwing area outside of the main stadium. Exit near the end of the 100m finish.		