



2025 NATIONAL SENIOR GAMES

PRESENTED BY HUMANA

Track and Field Schedule

(Updated 10-18-24)



	FRI, 7-25	SAT, 7-26	SUN, 7-27	MON, 7-28	TUE, 7-29	WED, 7-30	THUR, 7-31	FRI, 8-1	SAT, 8-2	SUN, 8-3
	Road Race	Road Race	Road Race	Power Walk/Race Walk	Practice	Day 1	Day 2	Day 3	Day 4	Day 5
M/W All Ages				1500M Race Walk Finals (Time - TBD)	Track Practice 10:00am-4:00pm	50M Prelims	100M Prelims	100M Finals	1500M Run Finals	200M Finals
				1500M Power Walk Finals (Follows Race Walk)		400M Prelims	400M Finals	800M Finals	200M Prelims	4x100M Relay Finals
						50M Finals				
	5K Road Race (Time - TBD)	1 Mile Road Race (Time - TBD)	10K Road Race (Time - TBD)		5K Race Walk (Time - TBD)					
					5K Power Walk (Follows Race Walk)					
High Jump					Jumps Practice 10:00am-4:00pm	M 50-64	M 65-79	M 80+	W 50-64	W 65+
Long Jump						M 65-79	M 80+	W 50-64	W 65+	M 50-64
Triple Jump						M 80+	W 50-64	W 65+	M 50-64	M 65-79
Pole Vault						W 50+	M 50-64	M 65-79	M 80+	
Discuss					Throws Practice 10:00am-4:00pm	M 65-79	M 80+	W 50-64	W 65+	M 50-64
Hammer						W 65+	M 50-64	M 65-79	M 80+	W 50-64
Javelin						W 50-64	W 65+	M 50-64	M 65-79	M 80+
Shot Put						M 50-64	M 65-79	M 80+	W 50-64	W 65+
1.) Advancement to the finals for the 50m, 100m, 200m, & 400m will be on time (with the 8 fastest times advancing to the finals)										
2.) All races longer than 400m will be timed finals, with the fastest final going last										
3.) All throws, long jumps and triple jumps will be conducted in flights. Two or more flights may be formed. Each athlete will have 3 trials in their flight, followed by a final of the 8 best performances from all the flights. The athletes making the finals, will have 3 additional trials.										
4.) General order for track events is - WOMEN - Oldest to Youngest, then - MEN - Oldest to Youngest										

Approximate Times Will Be Posted Once Registration Has Closed
(Subject to Change)