

GHAC Day One - Mohawk Sports Park - May 16, 2025

Track			Field			
10:00	100m -Backstretch	Heats	10:00	SG	Long Jump Prelim*	SB Javelin Final
	NB JB SB		10:45	NB	Long Jump Prelim*	NG Javelin Final
10:00	100m -Homestretch	Heats	11:30	JG	Long Jump Prelim*	JB Javelin Final
	NG JG SG		12:15	JB	Long Jump Prelim*	JG Javelin Final
12:00	200m	Heats	1:00	NG	Long Jump Prelim*	NB Javelin Final
	NG NB JG JB SG SB		1:45	SB	Long Jump Prelim*	SG Javelin Final
16 advance based strictly on time			*3 Attempts, top 16 advance			
Events may run up to 30 min ahead when possible						

GHAC Day Two - Mohawk Sports Park - May 22, 2025

Track							
10:00	2000m Steeplechase	Timed		12:15 1500m (NG NB JG JB)		Timed	
	OG OB	Final		1:00 400m		Timed	
10:30	Sprint Hurdles	Timed		WC PI PA PV NG NB JG JB SG SB		Final	
	NG80m JG80m SG100m	Final		2:40 1500m (SG SB)		Timed	
	NB100m JB100m SB110m			3:15 100m		Final	
11:30	100m	Semi		NG NB JG JB SG SB			
	WC PI PA PV NG NB JG JB SG SB	Final		*Final for Para with Semi's			
Field							
	High Jump				Long Jump Final		
10:00	NG				SG		
10:45	SB				NB		
11:30	SG				JG		
12:15	NB				JB		
1:00	JG				NG		
1:45	JB				SB		
Events may run up to 30 min ahead when possible							

GHAC Day Three - Mohawk Sports Park - May 23, 2025

Track						
10:00	3000m	Final		1:30	Intermediate Hurdles	Timed
	SG SB				NG300m JG300m SG400m	Final
10:30	4 x 100m Relay	Timed			NB300m JB300m SB400m	
	NG NB JG JB SG SB	Final		2:30	3000m	Final
11:45	800m	Timed			JG JB	
	WC PI PA PV NG NB JG JB SG SB	Final		3:00	200m	Final
					*SG SB JG JB NG NB	*ORDER
12:50	200m	Semi		3:30	3000m	Final
	WC PI PA PV NG NB JG JB SG SB	Final			NG NB	
				4:00	4 X 400m	Timed
				OG OB	Final	
Field						
	Shot Put		Triple J		Discus	
10:00	NG		JG		SG	
10:45	NB		JB		SB	
11:30	SG		NG		JG	
12:15	SB		NB		JB	
1:00	JG		SG		NG	
1:45	JB		SB		NB	
2:30	Para (WC AMB)					
Events may run up to 30 min ahead when possible						