

15/05/25

37th MIOMAC COMPETITION SCHEDULE - 2025**1st DAY : 23rd MAY 2025 (FRIDAY) - MORNING SESSION**

NO.	TIME	EVENT	CATEGORY	AGE GROUP
101	0800	2000m Walk	Women	35 – 44
102	0820	Long Jump	Women	65 and above
103	0820	Discus (1.0 kg)	Men	70 and above
104	0820	2000m Walk	Women	45 – 54
105	0840	2000m Walk	Women	55 – 64
106	0910	2000m Walk	Women	65 and above
107	0920	Long Jump	Women	55 - 64
108	0920	Discus (1.5 kg) (1.0 kg)	Men	55 – 69
109	0940	800m	Men	35 – 39
110	0950	800m	Men	40 – 44
111	1000	800m	Men	45 – 49
112	1020	Long Jump	Women	45 - 54
113	1020	Discus (2.0 kg) (1.5 kg)	Men	40 – 54
114	1020	800m	Men	50 – 54
115	1030	800m	Men	55 – 59
116	1040	800m	Men	60 – 64
117	1050	800m	Men	65 and above
118	1100	Long Jump	Women	35 – 44
119	1110	200m	Women	70 and above
120	1120	Discus (2.0 kg)	Men	35 - 39
121	1120	200m	Women	65 – 69
122	1130	200m	Women	60 – 64
123	1140	200m	Women	55 – 59
124	1150	200m	Women	50 – 54
125	1200	200m	Women	45 – 49
126	1210	200m	Women	40 – 44
127	1220	200m	Women	35 – 39

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
128	1500	200m	Men	35 – 39
129	1510	200m	Men	40 – 44
130	1500	High Jump	Men	35 – 49
131	1500	Discus (1.0 kg)	Women	35 – 49
132	1520	200m	Men	45 – 49
133	1530	200m	Men	50 - 54
134	1540	200m	Men	55 – 59
135	1550	200m	Men	60 – 64
136	1600	200m	Men	65 – 69
137	1600	High Jump	Men	50 – 64
138	1610	200m	Men	70 and above
139	1600	Discus (1.0 kg)	Women	50 – 64
140	1620	800m	Women	35 – 39
141	1620	800m	Women	40 – 44
142	1640	800m	Women	45 – 49
143	1640	800m	Women	50 – 54
144	1640	800m	Women	55 – 59
145	1640	High Jump	Men	65 and above
146	1640	Discus (1.0 kg) (0.75 kg)	Women	65 and above
147	1700	800m	Women	60 – 64
148	1720	800m	Women	65 – 69
149	1740	800m	Women	70 and above

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2nd DAY : 24th MAY 2025 (SATURDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
201	0800	3000m Walk	Men	35 - 49
202	0800	Javelin (600 gm)	Women	35 - 44
203	0800	Long Jump	Men	35 – 44
204	0830	3000m Walk	Men	50 – 59
205	0900	3000m Walk	Men	60 – 69
206	0910	Long Jump	Men	45 – 54
207	0910	Javelin (600 gm)(500 gm)	Women	45 - 54
208	0930	3000m Walk	Men	70 and above
209	1010	Javelin (500 gm)	Women	55 - 64
210	1010	Long Jump	Men	55 – 64
211	1010	400m	Women	35 – 39
212	1020	400m	Women	40 – 44
213	1030	400m	Women	45 – 49
214	1030	High Jump	Women	60 and above
215	1040	400m	Women	50 – 54
216	1050	400m	Women	55 – 59
217	1100	Javelin (500 gm)(400 gm)	Women	65 and above
218	1100	Long Jump	Men	65 and above
219	1100	400m	Women	60 and above
220	1100	High Jump	Women	45 – 59
221	1110	400m	Men	65 and above
222	1120	400m	Men	60 – 64
223	1130	400m	Men	55 - 59
224	1140	400m	Men	50 – 54
225	1150	High Jump	Women	35 – 44
226	1150	400m	Men	45 – 49
227	1200	400m	Men	40 – 44
228	1210	400m	Men	35 – 39
229	1220	4 x 100m	Women	Open
230	1230	4 x 100m	Men	Open

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
231	1400	100m	Women	35 – 39
232	1400	Javelin (800 gm)	Men	35 – 49
233	1400	Shot Put (4.0 kg)	Women	35 – 44
234	1410	100m	Women	40 – 44
235	1420	100m	Women	45 – 49
236	1430	100m	Women	50 – 54
237	1440	100m	Women	55 – 59
238	1450	100m	Women	60 – 64
239	1450	Shot Put (4.0 kg)(3.00 kg)	Women	45 – 59
240	1500	Javelin (700 gm) 600 gm)	Men	50 - 64
241	1500	100m	Women	65 and above
242	1510	1500m	Men	35 – 39
243	1525	1500m	Men	40 – 44
244	1540	Shot Put (3.0 kg) (2.0 kg)	Women	60 and above
245	1540	1500m	Men	45 – 49
246	1555	1500m	Men	50 – 54
247	1600	Javelin (600gm) (500 gm)	Men	65 and above
248	1610	1500m	Men	55 – 59
249	1625	1500m	Men	60 – 64
250	1640	1500m	Men	65 and above
251	1655	2000m	Women	35 – 44
252	1715	2000m	Women	45 – 54
253	1730	2000m	Women	55 – 64
254	1750	2000m	Women	65 and above

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3rd DAY : 25th MAY 2025 (SUNDAY) - MORNING SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
301	0800	1500m	Women	65 and above
302	0800	Shot Put (7.26 kg)	Men	35 – 49
303	0800	Triple Jump	Men	70 and above
304	0815	1500m	Women	60 – 64
305	0830	1500m	Women	55 – 59
306	0845	1500m	Women	50 – 54
307	0900	1500m	Women	45 – 49
308	0900	Shot Put (6.0 kg)	Men	50 – 59
309	0900	Triple Jump	Men	60 – 69
310	0915	1500m	Women	40 – 44
311	0930	1500m	Women	35 – 39
312	0945	100m	Men	35 - 39
313	0955	100m	Men	40 - 44
314	1000	Shot Put (5.0 kg) (4.0 kg)	Men	60 – 74
315	1010	100m	Men	45 - 49
316	1015	Triple Jump	Men	50 – 59
317	1025	100m	Men	50 - 54
318	1040	100m	Men	55 - 59
319	1055	100m	Men	60 - 64
320	1100	Shot Put (4.0 kg) (3.0 kg)	Men	75 and above
321	1100	Triple Jump	Men	35 – 49
322	1110	100m	Men	65 and above
323	1130	Medley Relay (200m, 200m, 400m, 800m)	Open	Open

AFTERNOON SESSION

NO.	TIME	EVENT	CATEGORY	AGE GROUP
324	1400	Triple Jump	Women	35 - 49
325	1400	80m H (.762)	Women	40 – 49
327	1415	100m H (.840)	Men	65 - 69
328	1425	100m H (.840)	Men	60 – 64
326	1435	100m H (.840)	Women	35 - 39
329	1450	100m H (.914)	Men	55 - 59
330	1500	Triple Jump	Women	50 - 64
331	1500	100m H (.914)	Men	50 – 54
332	1515	110m H (.991)	Men	45 - 49
333	1525	110m H (.991)	Men	40 - 44
334	1535	110m H (.991)	Men	35 - 39
335	1550	3000m	Men	70 and above
336	1600	Triple Jump	Women	65 and above
337	1620	3000m	Men	55 – 69
338	1645	3000m	Men	45 – 54
339	1705	3000m	Men	35 – 44
340	1725	4 x 400m	Women	Open
341	1735	4 x 400m	Men	Open
		VICTORY CEREMONY & CLOSING		

15th May 2025
Competition Committee

