WORLD ATHLETICS CHAMPIONSHIPS – TOKYO 2025 – 13-21 SEPTEMBER

DAY 1 - Saturday, Morning, 13/09			
8:00	**35km Race Walk**	**M**	**Final**
8:00	**35km Race Walk**	**W**	**Final**
9:00	Discus Throw	W	Q A
10:55	Shot Put	M	Q A+B
10:55	Discus Throw	W	Q A
11:08	100m	M	Prelim
11:40	4 x 400m Relay	X	R1

DAY 1 - Saturday, Evening, 13/09			
18:05	3000m SC	M	R1
0,76042	Long Jump	W	Q A+B
18:50	Pole Vault	M	Q A+B
18:55	100m	W	R1
19:50	1500m	W	R1
20:35	100m	M	R1
21:10	**Shot Put**	**M**	**Final**
21:30	**10,000m**	**W**	**Final**
22:20	**4 x 400m Relay**	**X**	**Final**

DAY 2 - Sunday, Morning, 14/09			
8:00	**Marathon**	**W**	**Final**
9:00	Hammer Throw	W	Q A
9:35	1500m	M	R1
10:45	Hammer Throw	W	Q B
11:20	100m H	W	R1

DAY 2 - Sunday, Evening, 14/09			
18:35	400m	M	R1
18:40	High Jump	M	Q A+B
19:10	**Discus Throw**	**W**	**Final**
19:25	400m	W	R1
20:20	100m	W	SF
20:40	**Long Jump**	**W**	**Final**
20:43	100m	M	SF
21:05	1500m	W	SF
21:30	**10,000m**	**M**	**Final**
22:13	**100m**	**W**	**Final**
22:20	**100m**	**M**	**Final**

DAY 3 - Monday, Morning, 15/09			
8:00	**Marathon**	**M**	**Final**
9:00	Hammer Throw	M	Q A
9:05	Pole Vault	W	Q A+B
9:15	3000m SC	W	R1
10:45	Hammer Throw	M	Q B
11:20	400m H	W	R1

DAY 3 - Monday, Evening, 15/09			
19:35	400m H	M	R1
19:40	Long Jump	M	Q A+B
20:10	**Pole Vault**	**M**	**Final**
20:20	110m H	M	R1
21:00	**Hammer Throw**	**W**	**Final**
21:05	100m H	W	SF
21:30	1500m	M	SF
21:55	**3000m SC**	**M**	**Final**
22:20	**100m H**	**W**	**Final**

DAY 4 - Tuesday, Evening, 16/09			
19:35	800m	M	R1
19:40	Triple Jump	W	Q A+B
20:35	**High Jump**	**M**	**Final**
20:40	110m H	M	SF
21:00	**Hammer Throw**	**M**	**Final**
21:05	400m	W	SF
21:35	400m	M	SF
22:05	**1500m**	**W**	**Final**
22:20	**110m H**	**M**	**Final**

DAY 5 - Wednesday, Evening, 17/09			
19:05	Triple Jump	M	Q A+B
19:10	Javelin Throw	M	Q A
19:30	200m	W	R1
20:10	**Pole Vault**	**W**	**Final**
20:15	200m	M	R1
20:45	Javelin Throw	M	Q B
20:50	**Long Jump**	**M**	**Final**
21:00	400m H	W	SF
21:30	400m H	M	SF
21:57	**3000m SC**	**W**	**Final**
22:20	**1500m**	**M**	**Final**

DAY 6 - Thursday, Evening, 18/09			
19:05	5000m	W	R1
19:15	High Jump	W	Q A+B
19:55	800m	W	R1
19:45	**Javelin Throw**	**M**	**Final**
21:00	**Triple Jump**	**W**	**Final**
21:02	200m	M	SF
21:24	200m	W	SF
21:45	800m	M	SF
22:14	**400m**	**M**	**Final**
22:24	**400m**	**W**	**Final**

DAY 7 - Friday, Evening, 19/09			
17:33	100m H Hep	W	Heats
19:30	Javelin Throw	W	Q A
18:20	High Jump Hep	W	A+B
20:05	5000m	M	R1
20:30	Shot Put Hep	W	A+B
20:45	800m	W	SF
20:50	**Triple Jump**	**M**	**Final**
21:00	Javelin Throw	W	Q B
21:15	**400m H**	**M**	**Final**
21:27	**400m H**	**W**	**Final**
21:38	200m Hep	W	Heats
22:06	**200m**	**M**	**Final**
22:22	**200m**	**W**	**Final**

DAY 8 - Saturday, Morning, 20/09			
7:30	**20km Race Walk**	**W**	**Final**
9:20	100m Dec	M	Heats
9:25	Discus Throw	M	Q A
9:45	**20km Race Walk**	**M**	**Final**
10:05	Long Jump Dec	M	A+B
10:10	Shot Put	W	Q A+B
10:55	Discus Throw	M	Q B
11:30	Long Jump Hep	W	A+B
11:45	Shot Put Dec	M	A+B

DAY 8- Saturday, Evening, 20/09			
19:05	High Jump Dec	M	A+B
19:10	Javelin Throw Hep	W	A+B
19:35	4 x 400m Relay	M	R1
20:00	**4 x 400m Relay**	**W**	**R1**
20:05	**Shot Put**	**W**	**Final**
20:25	4 x 100m Relay	M	R1
20:45	4 x 100m Relay	W	R1
21:05	**Javelin Throw**	**W**	**Final**
21:08	**800m Hep**	**W**	**Final**
21:26	400m Dec	M	Heats
21:50	**800m**	**M**	**Final**
22:05	**5000m**	**W**	**Final**

DAY 9 - Sunday, Morning, 21/09			
9:05	110m H Dec	M	Heats
9:55	Discus Throw Dec	M	A
11:05	Discus Throw Dec	M	B
11:35	Pole Vault Dec	M	A
12:20	Pole Vault Dec	M	B

DAY 9 - Sunday, Evening, 21/09			
17:40	Javelin Throw Dec	M	A
18:45	Javelin Throw Dec	M	B
19:30	**High Jump**	**W**	**Final**
19:35	**800m**	**W**	**Final**
19:50	**5000m**	**M**	**Final**
20:00	**Discus Throw**	**M**	**Final**
20:25	**4 x 400m Relay**	**M**	**Final**
20:40	**4 x 400m Relay**	**W**	**Final**
20:55	**1500m Dec**	**M**	**Final**
21:10	**4 x 100m Relay**	**W**	**Final**
21:20	**4 x 100m Relay**	**M**	**Final**