

2 August 2024
The Local Organising Committee of World Athletics Championships Tokyo 25

Timetable released for World Athletics Championships Tokyo 25

The [World Athletics Championships Tokyo 25 \(WCH Tokyo 25\) timetable](#), revealed today, features 14 action-packed stadium sessions to be held from 13-21 September 2025 at the Japan National stadium in Tokyo.

The WCH Tokyo 25 schedule spreads the 49 disciplines (24 women's events, 24 men's events and one mixed event) across nine days of thrilling competition. The six road events will be spread across four separate days and will all be held in the morning.

Day 1 begins with the women's 35km and men's 35km race walk starting simultaneously at 8am JST. Day 9 ends with the men's 4x100m relay finals as an exciting grand finale.

Features of the WCH Tokyo 25 Timetable:

Five finals will be held on Day 1, with multiple finals taking place each day of the Championships which will crown the world's best.

Morning sessions will be held on Saturdays, Sundays and national holiday, and the total number of sessions has been reduced compared to past World Championships, so that more events can be held in each session, ensuring constant action across the entirety of the championships.

Disciplines with high interest and medal expectations in Japan will be mainly held during evening sessions to maximise audience interest and excitement both in the stadium and across Japan.

Road races will take place in the morning on Saturdays, Sunday and national holiday – with start and finish lines for marathon races in the National Stadium.

World Athletics President Sebastian Coe said: "We are very pleased that the official timetable for the World Athletics Championships Tokyo 25 has been confirmed by the Council here in Paris, which allows ticket pre-sales to start right away.

"We are thrilled to be returning to Tokyo with the biggest stars of our sport who will light up the iconic stadium across nine days of awe-inspiring competition. They are sure to delight fans from Japan and around the world with their breath-taking performances.

"As one of the largest athletics stadiums in the world, the main stadium facilities in Tokyo are best in class – and the more than 40 million people in the Greater Tokyo area present massive growth opportunities for our sport."

Mitsugi Ogata, the president of the local organising committee, added: "We have created a schedule that best serves the interests of all athletes and the audience. Everyday there will be exciting finals, and Japanese sporting heroes in the field for the home fans to cheer on. I am confident that the boundless power of athletics will inspire people to dream big. In September 2025, audiences in Tokyo and around the world will witness our amazing sport in a Japan National Stadium filled with spectators. We look forward to setting the stage for nine days full of exciting and memorable moments."

From 20:25 Japan time on Monday 5 August, pre-sale for WCH Tokyo 25 tickets will launch.

[Sign up here](#) to guarantee priority access to tickets and to be the first to hear all updates and news about the World Athletics Championships Tokyo 25.

Contact and Inquiries

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WCH Tokyo 25 Official website

WEB <https://worldathletics.org/en/competitions/world-athletics-championships/tokyo25>
X <https://twitter.com/WATokyo25>
Instagram <https://www.instagram.com/wchtokyo25/>
YouTube www.youtube.com/@WATokyo25



WEB



X



Instagram



YouTube

World Athletics Championships Tokyo 25

Organiser	World Athletics
Period	nine days from Saturday 13 to Sunday 21 September 2025
Venue	Japan National Stadium and other venues (marathon and race walking will be held in Tokyo)
No. of athletes	approx. 2,000
No. of countries/regions	approx. 210
No. of events	49

DAY 1		Sat 13/09	
MORNING SESSION			
08:00	35km Race Walk	M	Final 🏆
08:00	35km Race Walk	W	Final 🏆
09:00	Discus Throw	W	Q A
10:55	Shot Put	M	Q A+B
10:55	Discus Throw	W	Q B
11:08	100m	M	Prelim
11:40	4 x 400m Relay	X	R1

DAY 1		Sat 13/09	
EVENING SESSION			
18:05	3000m SC	M	R1
18:15	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		Sun 14/09	
MORNING SESSION			
08:00	Marathon	W	Final 🏆
09:00	Hammer Throw	W	Q A
09:35	1500m	M	R1
10:45	Hammer Throw	W	Q B
11:20	100m H	W	R1

DAY 2		Sun 14/09	
EVENING SESSION			
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		Mon 15/09	
MORNING SESSION			
08:00	Marathon	M	Final 🏆
09:00	Hammer Throw	M	Q A
09:05	Pole Vault	W	Q A+B
09:15	3000m SC	W	R1
10:45	Hammer Throw	M	Q B
11:20	400m H	W	R1

DAY 3		Mon 15/09	
EVENING SESSION			
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		Tue 16/09	
EVENING SESSION			
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		Wed 17/09	
EVENING SESSION			
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		Thu 18/09	
EVENING SESSION			
19:05	5000m	W	R1
19:15	High Jump	W	Q A+B
19:45	Javelin Throw	M	Final 🏆
19:55	800m	W	R1
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		Fri 19/09	
EVENING SESSION			
17:33	100m H Hep	W	Heats
18:20	High Jump Hep	W	A+B
19:30	Javelin Throw	W	Q A
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		Sat 20/09	
MORNING SESSION			
07:30	20km Race Walk	W	Final 🏆
09:20	100m Dec	M	Heats
09:25	Discus Throw	M	Q A
09:45	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		Sat 20/09	
EVENING SESSION			
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		Sun 21/09	
MORNING SESSION			
09:05	110m H Dec	M	Heats
09:55	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		Sun 21/09	
EVENING SESSION			
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 🏆



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