

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
19:23	Javelin Throw	M	Final 🏆
19:55	800m	W	R1
20:55	Triple Jump	W	Final 🏆
21:02	200m	M	SF
21:24	200m	W	SF
21:45	800m	M	SF
22:10	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			
19:00	Javelin Throw Hep	W	A+B
19:05	High Jump Dec	M	A+B
19:35	4 x 400m Relay	M	R1
19:56	Shot Put	W	Final 🏆
20:00	4 x 400m Relay	W	R1
20:25	4 x 100m Relay	M	R1
20:45	4 x 100m Relay	W	R1
21:06	800m Hep	W	Final 🏆
21:10	Javelin Throw	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 🏆



**WORLD ATHLETICS  
CHAMPIONSHIPS  
T O K Y O 2 5**

As of 31.10.2024  
Please note that the start times for each session are subject to change.