

Silk Road to Tokyo WA Continental Tour Bronze
Competition schedule

Time	Event name	Gender	Round
16 August 2025			
Morning session			
08:30	100mH	Women	Heptathlon
08:40	100m	Men	Decathlon
09:30	Long Jump	Men	Decathlon
09:40	High Jump	Women	Heptathlon
10:40	Shot Put	Men	Decathlon
Evening session			
16:35	Shot Put	Women	Heptathlon
16:45	100m	Men	Heat 1
16:55	100m	Men	Heat 2
17:00	High Jump	Men	Decathlon
17:00	Hammer Throw	Men	Final
17:10	200m	Women	Heat 1
17:20	200m	Women	Heat 2
17:30	Long Jump	Men	Final
17:35	Shot Put	Women	Final
17:45	400m	Women	Final Heat 2
17:55	400m	Women	Final Heat 1
18:15	100mH	Women	Final
18:30	110mH	Men	Final
18:40	High Jump	Men	Final
18:45	200m	Women	Heptathlon
18:55	200m	Women	Final
19:00	Long Jump	Women	Final
19:10	100m	Men	Final
19:25	400m	Men	Decathlon
19:40	4x400m Relay	Women	Final

Time	Event name	Gender	Round
17 August 2025			
Morning session			
08:30	110mH	Men	Decathlon
08:40	Long Jump	Women	Heptathlon
09:30	Discus Throw	Men	Decathlon
10:30	Javelin Throw	Women	Heptathlon
10:40	Pole Vault	Men	Decathlon
Evening session			
17:00	Javelin Throw	Men	Decathlon
17:45	Javelin Throw	Men	Final
18:10	400mH	Men	Final
18:20	400mH	Women	Final
18:25	Triple Jump	Men	Final
18:30	High Jump	Women	Final
18:35	1500m	Men	Final
18:45	1500m	Women	Final
19:00	Hammer Throw	Women	Final
19:05	1500m	Men	Decathlon
19:20	800m	Women	Heptathlon
19:40	4x400m Relay	Mixed	Final