

DAY 1 - 9 OCTOBER 2025 (THURSDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	100m DEC	M35	Decathlon	
09:00	Javelin Throw	W35-40	Final	A
09:10	100m DEC	M40	Decathlon	
09:20	100m DEC	M45	Decathlon	
09:35	Long Jump DEC	M35	Decathlon	A
09:36	400m	M65	Round 1	
09:40	Long Jump DEC	M40	Decathlon	B
10:08	400m	M60	Round 1	
10:30	Long Jump DEC	M45	Decathlon	A
10:30	Shot Put DEC	M35	Decathlon	A
10:40	Javelin Throw	W45	Final	A
10:48	400m	M55	Round 1	
11:00	Shot Put DEC	M40	Decathlon	B
11:20	100m DEC	M50	Decathlon	
11:30	High Jump DEC	M35	Decathlon	A
11:40	400m	M50	Round 1	
11:55	Shot Put DEC	M45	Decathlon	A
12:00	Javelin Throw	W50	Final	A
12:12	400m	M45	Round 1	
12:15	High Jump DEC	M40	Decathlon	B
12:30	Long Jump DEC	M50	Decathlon-Gr.1	A
12:30	Long Jump DEC	M50	Decathlon-Gr.2	B
12:44	400m	M40	Round 1	
13:16	400m	M35	Round 1	
13:30	High Jump DEC	M45	Decathlon-Gr.1	A
13:30	High Jump DEC	M45	Decathlon-Gr.2	B
13:40	Javelin Throw	W55	Final	A
13:45	Shot Put DEC	M50	Decathlon-Gr.1	A
13:45	Shot Put DEC	M50	Decathlon-Gr.2	B
13:48	400m DEC	M35	Decathlon	
14:04	400m DEC	M40	Decathlon	
14:20	110m Hurdles	M35	Round 1	
14:40	100m Hurdles	M50	Round 1	
14:52	100m Hurdles	M55	Round 1	
15:05	Javelin Throw	W60	Final	A
15:10	High Jump DEC	M50	Decathlon-Gr.1	A
15:10	High Jump DEC	M50	Decathlon-Gr.2	B
15:10	100m Hurdles	M60	Round 1	
15:22	100m Hurdles	M65	Round 1	
15:40	80m Hurdles	W40	Round 1	
15:52	80m Hurdles	W45	Round 1	
16:10	80m Hurdles	W50	Round 1	
16:22	80m Hurdles	W55	Round 1	
16:25	Javelin Throw	W65	Final	A
16:34	80m Hurdles	M70	Round 1	
16:46	80m Hurdles	M75	Round 1	
17:00	400m DEC	M45	Decathlon	
17:24	400m DEC	M50	Decathlon	
17:30	Javelin Throw	W75+	Final	B
17:55	Javelin Throw	W70	Final	A

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F
09:00	10.000m	W65+	Final
10:40	10.000m	M35-40	Final
11:30	10.000m	M45-50	Final
12:30	10.000m	M55	Final
13:40	10.000m	M60	Final
14:55	10.000m	M65	Final
16:10	10.000m	M70	Final
17:30	10.000m	M75+	Final

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Weight Throw	M35	Final
09:55	Weight Throw	M40	Final
11:20	Weight Throw	M45	Final
12:00	Hammer Throw	M85+	Final
12:45	Weight Throw	M50	Final
13:45	Hammer Throw	M80	Final
14:30	Weight Throw	M55	Final
15:00	Hammer Throw	M75	Final
16:10	Weight Throw	M60	Final
16:30	Hammer Throw	M70	Final
18:20	Hammer Throw	M65	Final

Due to changing circumstances, including the withdrawal of competitors before the start of the championships, the organisers reserve the right to make minor changes to the presented programme.

DAY 2 - 10 OCTOBER 2025 (FRIDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	110m Hurdles DEC	M35	Decathlon	
09:10	100m DEC	M70	Decathlon	
09:20	100m DEC	M65	Decathlon	
09:30	Discus Throw DEC	M35	Decathlon	
09:40	Long Jump DEC	M70	Decathlon-Gr.1	A
09:40	Long Jump DEC	M70	Decathlon-Gr.2	B
09:44	110m Hurdles DEC	M40	Decathlon	
09:55	400m	M35	Semi-Final	
10:10	400m	W35	Semi-Final	
10:25	400m	M40	Semi-Final	
10:30	Discus Throw DEC	M40	Decathlon	
10:30	Pole Vault DEC	M35	Decathlon	A
10:40	Long Jump DEC	M65	Decathlon-Gr.1	A
10:40	Long Jump DEC	M65	Decathlon-Gr.2	B
10:40	400m	W40	Semi-Final	
10:50	Shot Put DEC	M70	Decathlon-Gr.1	A
10:50	Shot Put DEC	M70	Decathlon-Gr.2	B
11:03	100m DEC	M60	Decathlon	
11:23	400m	M45	Semi-Final	
11:38	400m	W45	Semi-Final	
11:40	Pole Vault DEC	M40	Decathlon	B
11:50	Long Jump DEC	M60	Decathlon-Gr.1	A
11:50	Long Jump DEC	M60	Decathlon-Gr.2	B
11:50	Shot Put DEC	M65	Decathlon-Gr.1	A
11:50	Shot Put DEC	M65	Decathlon-Gr.2	B
11:55	110m Hurdles DEC	M45	Decathlon	
12:00	Javelin Throw DEC	M35	Decathlon	A
12:00	High Jump DEC	M70	Decathlon-Gr.1	A
12:00	High Jump DEC	M70	Decathlon-Gr.2	B
12:12	100m DEC	M55	Decathlon	
12:42	400m	M50	Semi-Final	
12:50	Discus Throw DEC	M45	Decathlon	
12:58	400m	W50	Semi-Final	
13:05	Shot Put DEC	M60	Decathlon-Gr.1	A
13:05	Shot Put DEC	M60	Decathlon-Gr.2	B
13:14	400m	M55	Semi-Final	
13:20	High Jump DEC	M65	Decathlon-Gr.1	A
13:20	High Jump DEC	M65	Decathlon-Gr.2	B
13:30	100m Hurdles DEC	M50	Decathlon	
13:30	Long Jump DEC	M55	Decathlon-Gr.1	A
13:30	Long Jump DEC	M55	Decathlon-Gr.2	B
13:50	Javelin Throw DEC	M40	Decathlon	A
13:55	1.500m DEC	M35	Decathlon	
14:08	400m DEC	M70	Decathlon	

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F
09:00	10.000m	W35-50	Final
10:00	10.000m	W55-60	Final
11:15	5.000m Race Walk	M75+	Final
12:15	5.000m Race Walk	M65-70	Final
14:00	5.000m Race Walk	W60-65	Final
14:50	5.000m Race Walk	W70+	Final

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Weight Throw	W75+	Final
09:00	Hammer Throw	M35	Final
10:10	Hammer Throw	M40	Final
10:55	Weight Throw	W70	Final
11:40	Hammer Throw	M45	Final
12:00	Weight Throw	W65	Final
13:10	Hammer Throw	M50	Final
13:55	Weight Throw	W60	Final
15:10	Hammer Throw	M55	Final
15:25	Weight Throw	W55	Final
16:20	Hammer Throw	M60	Final
17:00	Weight Throw	W50	Final
18:40	Weight Throw	W45	Final
20:00	Weight Throw	W40	Final
21:30	Weight Throw	W35	Final

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