

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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DAY 2 - 10 OCTOBER 2025 (FRIDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
14:10	Pole Vault DEC	M45	Decathlon-Gr.1	A
14:10	Pole Vault DEC	M45	Decathlon-Gr.2	B
14:24	400m	W55	Semi-Final	
14:30	Discus Throw DEC	M50	Decathlon	
14:48	400m	M60	Semi-Final	
15:00	Shot Put DEC	M55	Decathlon-Gr.1	A
15:00	Shot Put DEC	M55	Decathlon-Gr.2	B
15:04	400m	W60	Semi-Final	
15:10	High Jump DEC	M60	Decathlon-Gr.1	A
15:10	High Jump DEC	M60	Decathlon-Gr.2	B
15:28	400m DEC	M65	Decathlon	
15:40	Javelin Throw DEC	M45	Decathlon	A
16:00	1.500m DEC	M40	Decathlon	
16:12	400m	M65	Semi-Final	
16:20	Pole Vault DEC	M50	Decathlon-Gr.1	A
16:20	Pole Vault DEC	M50	Decathlon-Gr.2	B
16:28	400m	W65	Semi-Final	
16:44	400m	M70	Semi-Final	
17:08	400m	W70	Semi-Final	
17:10	High Jump DEC	M55	Decathlon-Gr.1	A
17:10	High Jump DEC	M55	Decathlon-Gr.2	B
17:24	400m	M75	Semi-Final	
17:48	400m	M80	Semi-Final	
18:00	Javelin Throw DEC	M50	Decathlon	A
18:04	400m DEC	M60	Decathlon	
18:28	1.500m DEC	M45	Decathlon	
18:50	110m Hurdles	M35	Final	
18:55	110m Hurdles	M40	Final	
19:00	110m Hurdles	M45	Final	
19:08	100m Hurdles	M50	Final	
19:13	100m Hurdles	M55	Final	
19:21	100m Hurdles	W35	Final	
19:29	100m Hurdles	M60	Final	
19:34	100m Hurdles	M65	Final	
19:42	1.500m DEC	M50	Decathlon	
20:06	400m DEC	M55	Decathlon	
20:48	80m Hurdles	W40	Final	
20:53	80m Hurdles	W45	Final	
21:00	80m Hurdles	M70	Final	
21:05	80m Hurdles	M75	Final	
21:10	80m Hurdles	W50	Final	
21:15	80m Hurdles	W55	Final	
21:20	80m Hurdles	M80-85	Final	
21:25	80m Hurdles	W60	Final	
21:30	80m Hurdles	W65	Final	
21:35	80m Hurdles	W70	Final	
21:40	80m Hurdles	W75	Final	
21:45	80m Hurdles	W80	Final	

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DAY 3 - 11 OCTOBER 2025 (SATURDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	100m Hurdles HEP	W35	Heptathlon	
09:13	80m Hurdles DEC	M70	Decathlon	
09:26	80m Hurdles HEP	W40	Heptathlon	
09:40	100m Hurdles DEC	M65	Decathlon	
09:40	Discus Throw DEC	M70	Decathlon	
09:45	High Jump HEP	W35	Heptathlon	A
10:00	80m Hurdles HEP	W45	Heptathlon	
10:00	High Jump HEP	W40	Heptathlon	B
10:15	80m Hurdles HEP	W50	Heptathlon	
10:25	2.000m Steeplechase	M70+	Final	
10:45	2.000m Steeplechase	M65	Final	
10:45	Pole Vault DEC	M70	Decathlon-Gr.1	A
10:45	Pole Vault DEC	M70	Decathlon-Gr.2	B
10:50	Discus Throw DEC	M65	Decathlon	
11:05	2.000m Steeplechase	M60	Final	
11:25	2.000m Steeplechase	W60+	Final	
11:30	Shot Put DEC	W35	Heptathlon	A
11:30	High Jump HEP	W45	Heptathlon	A
11:35	Shot Put DEC	W40	Heptathlon	B
11:40	High Jump HEP	W50	Heptathlon	B
11:45	2.000m Steeplechase	W45-55	Final	
12:05	2.000m Steeplechase	W35-40	Final	
12:15	Javelin Throw DEC	M70	Decathlon	A
12:20	100m Hurdles DEC	M60	Decathlon	
12:20	Pole Vault DEC	M65	Decathlon-Gr.1	A
12:20	Pole Vault DEC	M65	Decathlon-Gr.2	B
12:40	80m Hurdles HEP	W55	Heptathlon	
12:50	80m Hurdles HEP	W60	Heptathlon	
12:50	Discus Throw DEC	M60	Decathlon	
13:05	100m Hurdles DEC	M55	Decathlon	
13:30	Shot Put DEC	W45	Heptathlon	A
13:30	High Jump HEP	W55	Heptathlon	A
13:35	100m DEC	M75	Decathlon	
13:40	100m DEC	M80+	Decathlon	
13:40	Shot Put DEC	W50	Heptathlon	B
13:40	High Jump HEP	W60	Heptathlon	B
13:45	200m HEP	W35	Heptathlon	
13:55	200m HEP	W40	Heptathlon	
14:05	1.500m DEC	M70	Decathlon	
14:15	80m Hurdles HEP	W65	Heptathlon	
14:20	Javelin Throw DEC	M65	Decathlon	A
14:25	80m Hurdles HEP	W70+	Heptathlon	
14:30	Discus Throw DEC	M55	Decathlon	
14:30	Pole Vault DEC	M60	Decathlon-Gr.1	A
14:30	Pole Vault DEC	M60	Decathlon-Gr.2	B
14:30	Long Jump DEC	M75	Decathlon	A
14:30	Long Jump DEC	M80+	Decathlon	B
14:35	3.000m Steeplechase	M55	Final	
14:50	Shot Put DEC	W55	Heptathlon	A

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F
09:00	1.500m	M70	Round 1
09:24	1.500m	M65	Round 1
10:00	1.500m	M60	Round 1
10:36	1.500m	M55	Round 1
11:12	1.500m	M50	Round 1
12:00	1.500m	M45	Round 1
12:36	1.500m	M40	Round 1
13:00	1.500m	M35	Round 1
14:00	5.000m Race Walk	M55-60	Final
14:40	5.000m Race Walk	M35-50	Final
15:20	5.000m Race Walk	W50-55	Final
16:10	5.000m Race Walk	W35-45	Final

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Hammer Throw	W75+	Final
09:00	Weight Throw	M80+	Final
10:50	Hammer Throw	W70	Final
10:50	Weight Throw	M75	Final
11:50	Hammer Throw	W65	Final
12:25	Weight Throw	M70	Final
13:45	Hammer Throw	W60	Final
13:55	Weight Throw	M65	Final
15:25	Hammer Throw	W55	Final
17:30	Hammer Throw	W50	Final
19:20	Hammer Throw	W45	Final
20:25	Hammer Throw	W40	Final
22:00	Hammer Throw	W35	Final

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DAY 3 - 11 OCTOBER 2025 (SATURDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
14:55	3.000m Steeplechase	M50	Final	
15:00	Shot Put DEC	W60	Heptathlon	B
15:00	High Jump HEP	W65	Heptathlon	A
15:00	High Jump HEP	W70+	Heptathlon	B
15:15	3.000m Steeplechase	M45	Final	
15:35	3.000m Steeplechase	M35-40	Final	
15:50	200m HEP	W45	Heptathlon	
16:00	200m HEP	W50	Heptathlon	
16:00	Shot Put DEC	M75	Decathlon	A
16:00	Shot Put DEC	M80+	Decathlon	B
16:10	1.500m DEC	M65	Decathlon	
16:30	200m HEP	W55	Heptathlon	
16:30	Javelin Throw DEC	M60	Decathlon	A
16:35	200m HEP	W60	Heptathlon	
16:40	400m	M90	Final	
16:48	400m	M85	Final	
16:56	400m	M80	Final	
17:00	Pole Vault DEC	M55	Decathlon-Gr.1	A
17:00	Pole Vault DEC	M55	Decathlon-Gr.2	B
17:00	Shot Put DEC	W65	Heptathlon	A
17:00	Shot Put DEC	W70+	Heptathlon	B
17:00	High Jump DEC	M75	Decathlon	A
17:00	High Jump DEC	M80+	Decathlon	B
17:04	400m	M75	Final	
17:12	400m	M70	Final	
17:20	400m	M65	Final	
17:28	400m	M60	Final	
17:36	400m	M55	Final	
17:44	400m	M50	Final	
17:52	400m	M45	Final	
18:00	400m	M40	Final	
18:08	400m	M35	Final	
18:16	200m HEP	W65	Heptathlon	
18:26	200m HEP	W70+	Heptathlon	
18:36	1.500m DEC	M60	Decathlon	
18:55	400m DEC	M75	Decathlon	
19:03	400m DEC	M80+	Decathlon	
19:11	400m	W85	Final	
19:19	400m	W80	Final	
19:27	400m	W75	Final	
19:30	Javelin Throw DEC	M55	Decathlon	A
19:35	400m	W70	Final	
19:43	400m	W65	Final	
19:51	400m	W60	Final	
19:59	400m	W55	Final	
20:07	400m	W50	Final	
20:15	400m	W45	Final	
20:23	400m	W40	Final	
20:31	400m	W35	Final	
20:40	1.500m DEC	M55	Decathlon	

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DAY 4 - 12 OCTOBER 2025 (SUNDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	Shot Put	W35	Final	A
09:00	Shot Put	W40	Final	B
09:00	Long Jump HEP	W35	Heptathlon	A
09:00	80m Hurdles	M75	Decathlon	
09:10	100m	W35	Round 1	
09:30	Discus Throw DEC	M75	Decathlon	
09:30	100m	W40	Round 1	
09:55	80m Hurdles	M80+	Decathlon	
10:00	Long Jump HEP	W40	Heptathlon	B
10:00	Javelin Throw HEP	W35	Heptathlon	A
10:05	100m	W45	Round 1	
10:15	Shot Put	W45	Final	A
10:25	100m	W50	Round 1	
10:30	Discus Throw DEC	M80+	Decathlon	
10:30	Pole Vault DEC	M75	Decathlon	A
10:45	100m	W55	Round 1	
11:00	Shot Put	W50	Final	B
11:00	Long Jump HEP	W65	Heptathlon	A
11:00	Javelin Throw HEP	W40	Heptathlon	A
11:08	400m Hurdles	M35	Round 1	
11:26	400m Hurdles	M40	Round 1	
11:30	Pole Vault DEC	M80+	Decathlon	B
11:35	Shot Put	W55	Final	A
11:38	400m Hurdles	M45	Round 1	
11:40	Javelin Throw DEC	M75	Decathlon	B
11:53	400m Hurdles	M50	Round 1	
12:05	Long Jump HEP	W70+	Heptathlon	B
12:05	Javelin Throw HEP	W65	Heptathlon	A
12:11	400m Hurdles	M55	Round 1	
12:23	400m Hurdles	W40	Round 1	
12:35	300m Hurdles	W50	Round 1	
12:40	Javelin Throw DEC	M80+	Decathlon	B
12:47	300m Hurdles	M60	Round 1	
13:00	Shot Put	W60	Final	B
13:05	300m Hurdles	M65	Round 1	
13:10	Long Jump HEP	W60	Heptathlon	A
13:10	Javelin Throw HEP	W70+	Heptathlon	A
13:30	Shot Put	W65	Final	A
13:30	300m Hurdles	M70	Round 1	
13:42	300m Hurdles	M75	Round 1	
13:58	800m	W35	Heptathlon	
14:07	800m	W40	Heptathlon	
14:10	Long Jump HEP	W55	Heptathlon	B
14:15	Javelin Throw HEP	W60	Heptathlon	A

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F
09:00	100m	M35	Round 1
09:40	100m	M40	Round 1
10:20	100m	M45	Round 1
11:00	100m	M50	Round 1
11:45	100m	M55	Round 1
12:30	100m	M60	Round 1
13:15	100m	M65	Round 1
14:05	100m	M70	Round 1
14:30	100m	M75	Round 1
15:00	1.500m	M80+	Final
15:13	1.500m	M75	Final
15:26	1.500m	W75+	Final
15:39	1.500m	M70	Final
15:52	1.500m	W70	Final
16:05	1.500m	M65	Final
16:18	1.500m	W65	Final
16:31	1.500m	M60	Final
16:44	1.500m	W60	Final
16:57	1.500m	M55	Final
17:10	1.500m	W55	Final
17:23	1.500m	M50	Final
17:36	1.500m	W50	Final
17:49	1.500m	M45	Final
18:02	1.500m	W45	Final
18:15	1.500m	M40	Final
18:28	1.500m	W40	Final
18:41	1.500m	M35	Final
18:54	1.500m	W35	Final

CHÃO DAS FEITEIRAS - NON STADIA

Time	Event	Age group	R/SF/F
09:00	6Km Cross-Country	W70+,M70+	Final
11:00	8Km Cross-Country	M55-65	Final
11:50	8Km Cross-Country	M35-50	Final
12:50	8Km Cross-Country	W35-65	Final

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DAY 4 - 12 OCTOBER 2025 (SUNDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
14:16	100m	W80	Semi-Final	
14:26	100m	W75	Semi-Final	
14:36	100m	W70	Semi-Final	
14:45	Shot Put	W70	Final	B
14:51	100m	W65	Semi-Final	
15:06	100m	W60	Semi-Final	
15:15	Shot Put	W80+	Final	A
15:20	Long Jump HEP	W50	Heptathlon	A
15:20	Javelin Throw HEP	W55	Heptathlon	A
15:21	1500m	M75	Decathlon	
15:36	1500m	M80+	Decathlon	
15:51	800m	W65	Heptathlon	
16:00	800m	W70+	Heptathlon	
16:10	100m	W55	Semi-Final	
16:15	Shot Put	W75	Final	B
16:20	100m	W50	Semi-Final	
16:25	Long Jump HEP	W45	Heptathlon	B
16:30	Javelin Throw HEP	W50	Heptathlon	A
16:30	100m	W45	Semi-Final	
16:40	100m	W40	Semi-Final	
16:50	100m	W35	Semi-Final	
17:00	800m	W60	Heptathlon	
17:09	800m	W55	Heptathlon	
17:18	100m	M35	Semi-Final	
17:33	100m	M40	Semi-Final	
17:35	Javelin Throw HEP	W45	Heptathlon	A
17:48	100m	M45	Semi-Final	
18:03	100m	M50	Semi-Final	
18:18	100m	M55	Semi-Final	
18:20	Discus Throw	M35	Final	
18:33	100m	M60	Semi-Final	
18:48	100m	M65	Semi-Final	
19:03	100m	M70	Semi-Final	
19:13	100m	M75	Semi-Final	
19:23	100m	M80	Semi-Final	
19:32	800m	W50	Heptathlon	
19:40	Discus Throw	M40	Final	
19:41	800m	W45	Heptathlon	

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 5 - 13 OCTOBER 2025 (MONDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	High Jump	M35	Final	A
09:00	High Jump	M40	Final	B
09:00	Pole Vault	M70	Final	A
09:00	Pole Vault	M65	Final	B
09:00	Javelin Throw	M35	Final	A
10:00	400m Hurdles	M35	Final	
10:06	400m Hurdles	M40	Final	
10:12	400m Hurdles	M45	Final	
10:15	Javelin Throw	M40	Final	A
10:20	400m Hurdles	M50	Final	
10:26	400m Hurdles	M55	Final	
10:36	400m Hurdles	W35	Final	
10:40	High Jump	M45	Final	A
10:40	Pole Vault	M80	Final	A
10:42	400m Hurdles	W40	Final	
10:48	400m Hurdles	W45	Final	
11:00	300m Hurdles	M60	Final	
11:00	High Jump	M50	Final	B
11:00	Pole Vault	M75	Final	B
11:06	300m Hurdles	M65	Final	
11:12	300m Hurdles	W50	Final	
11:18	300m Hurdles	W55	Final	
11:28	300m Hurdles	M70	Final	
11:34	300m Hurdles	M75	Final	
11:40	300m Hurdles	W60	Final	
11:40	Shot Put	M70	Final	A
11:45	Javelin Throw	M45	Final	A
11:46	300m Hurdles	W65	Final	
11:50	Shot Put	M75	Final	B
12:00	200m Hurdles	M80+	Final	
12:06	200m Hurdles	W70	Final	
12:10	High Jump	M55	Final	A
12:12	200m Hurdles	W75	Final	
12:18	200m Hurdles	W80	Final	
12:30	Pole Vault	M85	Final	B
13:30	Shot Put	M80	Final	A
13:30	Shot Put	M85+	Final	B
13:40	Javelin Throw	M50	Final	A
14:30	100m	M35	Final	
14:35	100m	M40	Final	
14:40	100m	M45	Final	
14:45	100m	M50	Final	
14:50	100m	M55	Final	
14:55	100m	M60	Final	

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	5.000m	W35	Final	
09:00	Long Jump	W35	Final	A
09:00	Long Jump	W40	Final	B
09:35	5.000m	W40	Final	
10:10	5.000m	W45	Final	
10:35	Long Jump	W45	Final	A
10:50	Long Jump	W50	Final	B
11:50	5.000m	W50	Final	
12:10	5.000m	W60	Final	
12:20	Long Jump	W55	Final	A
12:30	5.000m	W55	Final	
12:35	Long Jump	W60	Final	B
12:50	5.000m	W65	Final	
13:45	5.000m	W70	Final	
14:05	Long Jump	W65	Final	A
14:20	Long Jump	W70	Final	B
14:45	5.000m	W75+	Final	
15:35	Long Jump	W75	Final	A
15:45	Long Jump	W80+	Final	B

RG3 - FUNCHAL - STADIA

Time	Event	Age Gr.	R/SF/F
09:00	Discus Throw	W35	Final
10:20	Discus Throw	W40	Final
12:00	Discus Throw	W45	Final
13:20	Discus Throw	W50	Final
15:15	Discus Throw	W55	Final
17:05	Discus Throw	W60	Final
18:35	Discus Throw	W65	Final
20:15	Discus Throw	W70	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 5 - 13 OCTOBER 2025 (MONDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
15:00	100m	M65	Final	
15:05	100m	M70	Final	
15:05	Javelin Throw	M55	Final	A
15:10	100m	M75	Final	
15:15	100m	M80	Final	
15:20	100m	M85	Final	
15:25	100m	M90	Final	
15:30	100m	W35	Final	
15:35	100m	W40	Final	
15:40	100m	W45	Final	
15:45	100m	W50	Final	
15:50	100m	W55	Final	
15:55	100m	W60	Final	
16:00	100m	W65	Final	
16:05	100m	W70	Final	
16:10	100m	W75	Final	
16:15	100m	W80	Final	
16:20	100m	W85+	Final	
16:50	Javelin Throw	M60	Final	A
18:00	Discus Throw	W80+	Final	
18:25	Javelin Throw	M65	Final	A
19:25	Discus Throw	W75	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 6 - 14 OCTOBER 2025 (TUESDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
08:30	Discus Throw	M45	Final	
09:00	High Jump	M60	Final	A
09:00	High Jump	M65	Final	B
10:00	200m	M75	Round 1	
10:00	Shot Put	M35	Final	A
10:20	200m	M70	Round 1	
10:20	Discus Throw	M50	Final	
10:40	200m	M65	Round 1	
11:15	200m	M60	Round 1	
11:20	High Jump	M70	Final	B
11:20	Shot Put	M40	Final	A
11:50	200m	W60	Round 1	
11:50	High Jump	M75	Final	A
12:10	200m	W55	Round 1	
12:15	Discus Throw	M55	Final	
12:40	200m	W50	Round 1	
13:05	200m	W45	Round 1	
13:20	High Jump	M85+	Final	A
13:25	200m	W40	Round 1	
13:40	High Jump	M80	Final	B
13:45	200m	M35	Round 1	
14:15	200m	M40	Round 1	
14:30	Javelin Throw TPEN	W65	T-Pentathlon	A
14:50	200m	M45	Round 1	
15:20	200m	M50	Round 1	
16:00	200m	M55	Round 1	
16:10	Javelin Throw TPEN	W70-75	T-Pentathlon	A
17:20	Discus Throw	M60	Final	
19:00	Javelin Throw TPEN	W80+	T-Pentathlon	A
20:00	Discus Throw	M65	Final	

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	5.000m	M35	Final A	
09:00	Long Jump	M35	Final	A
09:00	Long Jump	M40	Final	B
09:30	5.000m	M35	Final B	
10:00	5.000m	M40	Final A	
10:30	5.000m	M40	Final B	
10:30	Long Jump	M45	Final	A
10:30	Long Jump	M50	Final	B
11:00	5.000m	M45	Final A	
11:30	5.000m	M45	Final B	
11:45	Long Jump	M55	Final	A
12:00	5.000m	M50	Final A	
12:30	5.000m	M50	Final B	
13:00	5.000m	M55	Final A	
13:35	5.000m	M55	Final B	
14:10	5.000m	M60	Final A	
14:45	5.000m	M60	Final B	
15:20	5.000m	M65	Final A	
16:00	5.000m	M65	Final B	
16:40	5.000m	M70	Final A	
17:20	5.000m	M70	Final B	
18:00	5.000m	M75	Final	
18:45	5.000m	M80+	Final	

RG3 - FUNCHAL / STADIA

Time	Event	Age Gr.	R/SF/F
09:00	Hammer Throw TPEN	W65	T-Pentathlon
10:40	Hammer Throw TPEN	W70-75	T-Pentathlon
10:40	Shot Put TPEN	W65	T-Pentathlon
12:15	Shot Put TPEN	W70-75	T-Pentathlon
12:20	Discus Throw TPEN	W65	T-Pentathlon
14:00	Discus Throw TPEN	W70-75	T-Pentathlon
15:20	Hammer Throw TPEN	W80+	T-Pentathlon
16:30	Shot Put TPEN	W80+	T-Pentathlon
16:40	Weight Throw TPEN	W65	T-Pentathlon
17:35	Discus Throw TPEN	W80+	Pentathlon
18:00	Weight Throw TPEN	W70-75	T-Pentathlon
20:30	Weight Throw TPEN	W80+	Pentathlon

MACHICO / NON STADIA

Time	Event	Age Gr.	R/SF/F
09:00	10Km Race Walk	M65+	Final
10:50	10Km Race Walk	M35-60	Final
12:10	10Km Race Walk	W-ALL	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.

European
Masters
Athletics
Championships
Stadia

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Madeira '25

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Version 2025 09 19

DAY 7 - 15 OCTOBER 2025 (WEDNESDAY)

FREE DAY

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 8 - 16 OCTOBER 2025 (THURSDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	Javelin Throw	M70	Final	A
09:00	High Jump	W35	Final	A
09:00	High Jump	W40	Final	B
09:00	Shot Put	M45	Final	A
09:00	Shot Put	M50	Final	B
09:00	200m	M70	Semi-Final	
09:10	200m	M75	Semi-Final	
09:20	200m	M80	Semi-Final	
09:40	200m	W35	Semi-Final	
09:50	200m	W40	Semi-Final	
10:00	200m	W45	Semi-Final	
10:10	200m	W50	Semi-Final	
10:15	High Jump	W45	Final	A
10:15	High Jump	W50	Final	B
10:20	200m	W55	Semi-Final	
10:30	200m	W60	Semi-Final	
10:30	Shot Put	M65	Final	B
10:35	Shot Put	M55	Final	A
10:40	200m	W65	Semi-Final	
10:50	Javelin Throw	M75	Final	A
10:55	200m	W70	Semi-Final	
11:05	200m	M35	Semi-Final	
11:15	200m	M40	Semi-Final	
11:30	200m	M45	Semi-Final	
11:30	High Jump	W60	Final	B
11:40	200m	M50	Semi-Final	
11:45	High Jump	W55	Final	A
11:55	200m	M55	Semi-Final	
12:00	Pole Vault	M40	Final	B
12:10	200m	M60	Semi-Final	
12:15	Javelin Throw	M80	Final	A
12:20	200m	M65	Semi-Final	
12:30	Javelin Throw	M85+	Final	B
12:35	Shot Put	M60	Final	A
13:10	High Jump	W70	Final	B
13:15	High Jump	W65	Final	A
14:00	Javelin Throw TPEN	W45	T-Pentathlon	A
14:00	Pole Vault	M35	Final	A
14:00	Pole Vault	M45	Final	B
14:45	High Jump	W75	Final	A
14:45	High Jump	W80+	Final	B
15:20	Javelin Throw TPEN	W35-40	T-Pentathlon	A

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	Long Jump	M60	Final	A
09:00	Long Jump	M65	Final	B
11:00	Long Jump	M75	Final	B
11:05	Long Jump	M70	Final	A
12:20	Long Jump	M85+	Final	B
12:45	Long Jump	M80	Final	A

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Hammer Throw	W45	T-Pentathlon
10:10	Hammer Throw	W35-40	T-Pentathlon
10:10	Shot Put	W45	T-Pentathlon
11:20	Discus Throw	W45	T-Pentathlon
11:30	Shot Put	W35-40	T-Pentathlon
12:50	Discus Throw	W35-40	T-Pentathlon
14:10	Hammer Throw	W50	T-Pentathlon
15:30	Hammer Throw	W55	T-Pentathlon
15:30	Shot Put	W50	T-Pentathlon
15:40	Weight Throw	W45	T-Pentathlon
16:50	Hammer Throw	W60	T-Pentathlon
16:50	Shot Put	W55	T-Pentathlon
17:20	Weight Throw	W35-40	T-Pentathlon
18:10	Discus Throw	W55	T-Pentathlon
18:20	Shot Put	W60	T-Pentathlon
19:30	Discus Throw	W60	T-Pentathlon
20:30	Weight Throw	W50	T-Pentathlon
21:40	Weight Throw	W55	T-Pentathlon
23:00	Weight Throw	W60	T-Pentathlon

10KM ROAD RACE - FUNCHAL - NON STADIA

Time	Event	Age group	R/SF/F
20:00	10Km Road Race	W/M ALL +Open r	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 8 - 16 OCTOBER 2025 (THURSDAY)**RIBEIRA BRAVA / STADIA**

Time	Event	Age Gr.	R/SF/F	Sec
16:00	200m	W35	Final	
16:05	200m	W40	Final	
16:10	200m	W45	Final	
16:15	200m	W50	Final	
16:20	200m	W55	Final	
16:25	200m	W60	Final	
16:30	200m	W65	Final	
16:35	200m	W70	Final	
16:40	200m	W75	Final	
16:45	200m	W80	Final	
16:50	200m	W85	Final	
16:55	200m	M35	Final	
17:00	200m	M40	Final	
17:05	200m	M45	Final	
17:10	200m	M50	Final	
17:15	200m	M55	Final	
17:20	200m	M60	Final	
17:20	Discus Throw TPEN	W50	T-Pentathlon	
17:25	200m	M65	Final	
17:30	200m	M70	Final	
17:35	200m	M75	Final	
17:40	200m	M80	Final	
17:45	200m	M85	Final	
17:50	200m	M90	Final	
18:40	Javelin Throw TPEN	W50	T-Pentathlon	A
20:00	Javelin Throw TPEN	W55	T-Pentathlon	A
21:20	Javelin Throw TPEN	W60	T-Pentathlon	A

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 9 - 17 OCTOBER 2025 (FRIDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	Pole Vault	M55	Final	B
09:00	Discus Throw	M80	Final	
09:30	Pole Vault	M60	Final	A
10:00	800m	W35	Round 1	
10:18	800m	W45	Round 1	
10:30	Discus Throw	M85	Final	
10:36	800m	W50	Round 1	
10:54	800m	W55	Round 1	
11:12	800m	W60	Round 1	
11:30	800m	M35	Round 1	
11:40	Discus Throw	M90+	Final	
11:57	800m	M40	Round 1	
12:24	800m	M45	Round 1	
12:45	Pole Vault	M50	Final	B
13:00	800m	M50	Round 1	
13:30	Javelin Throw TPEN	M45	T-Pentathlon	B
13:36	800m	M55	Round 1	
14:12	800m	M60	Round 1	
14:30	800m	M65	Round 1	
14:50	Discus Throw TPEN	M50	T-Pentathlon	
14:57	800m	M70	Round 1	
15:15	800m	M75	Round 1	
16:20	Javelin Throw TPEN	M50	T-Pentathlon	B
17:50	Javelin Throw TPEN	M75	T-Pentathlon	B
19:30	Javelin Throw TPEN	M70	T-Pentathlon	B

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	Triple Jump	W35	Final	A
09:00	Triple Jump	W40	Final	B
10:10	Triple Jump	W45	Final	A
10:30	Triple Jump	W50	Final	B
11:30	Triple Jump	W55	Final	A
12:10	Triple Jump	W60	Final	B
12:50	Triple Jump	W65	Final	A
13:30	Triple Jump	W70	Final	B
14:10	Triple Jump	W75+	Final	A

RG3 - FUNCHAL - STADIA

Time	Event	Age grou	R/SF/F
09:00	Hammer Throw TPEN	M45	T-Pentathlon
10:20	Hammer Throw TPEN	M50	T-Pentathlon
10:20	Shot Put TPEN	M45	T-Pentathlon
11:40	Discus Throw TPEN	M45	T-Pentathlon
11:50	Shot Put TPEN	M50	T-Pentathlon
13:20	Hammer Throw TPEN	M75	T-Pentathlon
14:35	Hammer Throw TPEN	M70	T-Pentathlon
14:35	Shot Put TPEN	M75	T-Pentathlon
15:20	Weight Throw TPEN	M45	T-Pentathlon
15:50	Discus Throw TPEN	M75	T-Pentathlon
16:05	Shot Put TPEN	M70	T-Pentathlon
17:35	Discus Throw TPEN	M70	T-Pentathlon
18:20	Weight Throw TPEN	M50	T-Pentathlon
19:50	Weight Throw TPEN	M75	T-Pentathlon
21:20	Weight Throw TPEN	M70	T-Pentathlon

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 10 - 18 OCTOBER 2025 (SATURDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:00	800m	W75+	Final	
09:00	Discus Throw	M75	Final	
09:00	Pole Vault	W35	Final	A
09:00	Pole Vault	W40	Final	B
09:09	800m	W70	Final	
09:18	800m	W65	Final	
09:27	800m	W60	Final	
09:36	800m	W55	Final	
09:45	800m	W50	Final	
09:54	800m	W45	Final	
10:03	800m	W40	Final	
10:12	800m	W35	Final	
10:21	800m	M85+	Final	
10:30	800m	M80	Final	
10:30	Pole Vault	W45	Final	A
10:39	800m	M75	Final	
10:40	Pole Vault	W50	Final	B
10:48	800m	M70	Final	
10:57	800m	M65	Final	
11:00	Discus Throw	M70	Final	
11:06	800m	M60	Final	
11:10	Pole Vault	W60+	Final	B
11:15	800m	M55	Final	
11:24	800m	M50	Final	
11:33	800m	M45	Final	
11:42	800m	M40	Final	
11:45	Pole Vault	W55	Final	A
11:51	800m	M35	Final	
12:00	4x100m Relay	W75	Final	
12:10	4x100m Relay	W70	Final	
12:20	4x100m Relay	W65	Final	
12:30	4x100m Relay	W60	Final	
12:40	4x100m Relay	W55	Final	
12:50	4x100m Relay	W50	Final	
13:00	4x100m Relay	W45	Final	
13:10	4x100m Relay	W40	Final	
13:20	4x100m Relay	W35	Final	
13:30	4x100m Relay	M75	Final	
13:40	4x100m Relay	M70	Final	
13:45	Javelin Throw TPEN	M55	T-Pentathlon	B
13:50	4x100m Relay	M65	Final	

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
09:30	Triple Jump	M35	Final	A
09:30	Triple Jump	M40	Final	B
10:50	Triple Jump	M45	Final	A
10:50	Triple Jump	M50	Final	B
12:10	Triple Jump	M55	Final	A

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Hammer Throw	M55	T-Pentathlon
10:25	Hammer Throw	M65	T-Pentathlon
10:25	Shot Put	M55	T-Pentathlon
11:50	Discus Throw	M55	T-Pentathlon
12:00	Shot Put	M65	T-Pentathlon
13:35	Hammer Throw	M80+	T-Pentathlon
15:05	Shot Put	M80+	T-Pentathlon
15:40	Weight Throw	M55	T-Pentathlon
16:35	Discus Throw	M80+	T-Pentathlon
18:50	Weight Throw	M65	T-Pentathlon
20:30	Weight Throw	M80+	T-Pentathlon

MACHICO - NON STADIA

09:00	20Km Race Walk	M-ALL	Final
14:00	20Km Race Walk	W-ALL	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 10 - 18 OCTOBER 2025 (SATURDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
14:00	4x100m Relay	M60	Final	
14:10	4x100m Relay	M55	Final	
14:20	4x100m Relay	M50	Final	
14:30	4x100m Relay	M45	Final	
14:40	4x100m Relay	M40	Final	
14:50	4x100m Relay	M35	Final	
15:00	4x400m Mixed Relay	80	Final	
15:10	4x400m Mixed Relay	75	Final	
15:10	Discus Throw TPEN	M65	T-Pentathlon	
15:20	4x400m Mixed Relay	70	Final	
15:30	4x400m Mixed Relay	65	Final	
15:40	4x400m Mixed Relay	60	Final	
15:50	4x400m Mixed Relay	55	Final	
16:00	4x400m Mixed Relay	50	Final	
16:10	4x400m Mixed Relay	45	Final	
16:20	4x400m Mixed Relay	40	Final	
16:30	4x400m Mixed Relay	35	Final	
16:45	Javelin Throw TPEN	M65	T-Pentathlon	B
18:35	Javelin Throw TPEN	M80+	T-Pentathlon	B

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 11 - 19 OCTOBER 2025 (SUNDAY)

RIBEIRA BRAVA / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
10:00	4x400m Relay	W75	Final	
10:10	4x400m Relay	W70	Final	
10:20	4x400m Relay	W65	Final	
10:30	4x400m Relay	W60	Final	
10:40	4x400m Relay	W55	Final	
10:50	4x400m Relay	W50	Final	
11:00	4x400m Relay	W45	Final	
11:10	4x400m Relay	W40	Final	
11:20	4x400m Relay	W35	Final	
11:30	Closing Ceremony			
12:00	4x400m Relay	M85+	Final	
12:10	4x400m Relay	M80	Final	
12:20	4x400m Relay	M75	Final	
12:30	4x400m Relay	M70	Final	
12:40	4x400m Relay	M65	Final	
12:50	4x400m Relay	M60	Final	
13:00	4x400m Relay	M55	Final	
13:10	4x400m Relay	M50	Final	
13:15	Javelin Throw TPEN	M35-40	T-Pentathlon	
13:20	4x400m Relay	M45	Final	
13:30	4x400m Relay	M40	Final	
13:40	4x400m Relay	M35	Final	
15:00	Javelin Throw TPEN	M60	T-Pentathlon	

CÂMARA DE LOBOS / STADIA

Time	Event	Age Gr.	R/SF/F	Sec
10:00	Triple Jump	M60	Final	A
10:00	Triple Jump	M65	Final	B
11:40	Triple Jump	M70	Final	A
11:40	Triple Jump	M75+	Final	B

RG3 - FUNCHAL - STADIA

Time	Event	Age group	R/SF/F
09:00	Hammer Throw TPEN	M35-40	T-Pentathlon
10:15	Hammer Throw TPEN	M60	T-Pentathlon
10:15	Shot Put TPEN	M35-40	T-Pentathlon
11:30	Discus Throw TPEN	M35-40	T-Pentathlon
11:40	Shot Put TPEN	M60	T-Pentathlon
13:05	Discus Throw TPEN	M60	T-Pentathlon
15:00	Weight Throw TPEN	M35-40	T-Pentathlon
16:50	Weight Throw TPEN	M60	T-Pentathlon

FUNCHAL - ROAD RACE - NON STADIA

Time	Event	Age group	
08:00	Half-Marathon	M&W-All + Open Race	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.