

WMA Indoor Schedule - ALACHUA COUNTY, GAINSVILLE, FL 23-30 MARCH 2025

WMAi 2025		Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
60m	Heats	Women	Men						
	Semifinals	Women	Men						
	Finals		Women	Men					
200m	Heats				Men	Women			
	Semifinals				Men	Women			
	Finals					Men	Women		
400m	Semifinals *							ALL	
	Finals								ALL
800m	Semifinals	ALL							
	Finals		ALL						
1500m	Semifinals						ALL		
	Finals							ALL	
3000m	Finals			Men	Women				
60m hurdles	Heats							ALL	
	Semifinals								ALL
	Finals								ALL
3000m Walk						Women	Men		
Cross Country	All								
10km Walk Road									All
10km Run Road								All	
4 x 200m	Finals								All
4 x 200m mixed	Finals								All
Pentathlon		M65+/W50-60	M55-60/W65+	M35-50/W35-45					
Long Jump					W35-55	W60+	M50-60	M35-45/M80+	M65-75
Triple Jump					M35-45/M80+	M50-60	W35-55	M65-75	W60+
High Jump					M50-60	M65-75	W60+	W35-55	M35-45/M80+
Pole Vault					M65-75	W35-55	M35-45/M80+	W60+	M50-60
Shot Put			M35-45	M60-65	M70-75	W35-50	W55-65	W70+/M80+	M50-55
Weight Throw			W35-50	M70-75	W55-65	W70+/M80+	M35-45	M50-55	M60-65
Javelin			W55-65	W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50
Discus			W70+/M80+	M35-45	M50-55	M60-65	M70-75	W35-50	W55-65
Hammer			M50-55	W55-65	W35-50	M35-45	W70+/M80+	M60-65	M70-75

* = special advancement table

* 400m special advancement table			
# Competitors	# Semi	Advancement	Final
1-6	0		1
7-12	2	2 P + 2 T	1
13-18	3	1 P + 3 T	1
19-24	4	1 P + 2 T	1
25-30	5	6 T	1
31-36	6	6 T	1
37-42	7	6 T	1
43-48	8	6 T	1
49-54	9	6 T	1