

# 2025 USATF Championships Time Schedule

The '25 USATF Championships (Eugene, July 31–August 03) will also be the World Championships selection meet for Team USA. The first 3 mornings will be mostly Para competition.

The Hayward Field timetable, with color-coded finals (blue = men; red = women):

as of April 23

**Thursday, July 31**

10:30.....mDec 100  
 11:00.....wHept 100H  
 11:20.....mDec LJ  
 12:15.....wHept HJ  
 12:20.....mDec SP  
 1:20.....mJT ..... f  
 1:30.....wSP ..... f  
 .....wHT ..... f  
 2:55.....m800 ..... h  
 3:21.....w800..... h  
 3:30.....wJT ..... f  
 3:47.....w100..... h  
 4:13.....m100 ..... h  
 4:30.....mHT ..... f  
 4:39.....w400..... h  
 5:05.....m400 ..... h  
 5:31.....wSteeple..... h  
 6:00.....wTJ ..... f  
 .....mDec HJ  
 .....mSP ..... q  
 6:03.....mSteeple ..... h

6:20.....wHept SP  
 6:33.....m1500 ..... h  
 6:54.....w1500..... h  
 7:15.....wHept 200  
 7:30.....mDec 400  
 7:45.....w10,000..... f  
 8:30.....m10,000 ..... f

**Friday, August 01**

10:00.....mDec 110H  
 11:00.....mDec DT  
 12:20.....mDec PV  
 1:00.....wHept LJ  
 2:00.....w100H ..... h  
 2:10.....wHept JT  
 2:27.....m400H..... h  
 2:54.....w400H ..... h  
 3:05.....wHJ ..... f  
 3:10.....mTJ ..... f  
 3:15.....wPV ..... q  
 3:20.....m100 ..... sf  
 3:42.....w100..... sf  
 3:45.....mDec JT  
 4:04.....w800..... sf

4:26.....wHept .....800  
 4:41.....m400 ..... sf  
 4:45.....wSP ..... q  
 5:03.....w400..... sf  
 5:25.....mDec .....1500  
 5:36.....w100..... f  
 5:50.....m100 ..... f

**Saturday, August 02**

06:30.....w20W ..... f  
 06:31.....m20W ..... f  
 11:15.....mSP ..... q  
 11:22.....m200 ..... h  
 11:30.....mPV..... f  
 11:48.....w200..... h  
 12:14.....m110H..... h  
 12:40.....wLJ ..... f  
 .....w100H..... sf  
 12:45.....wSP ..... f  
 1:03.....w400..... f  
 1:05.....mDT ..... f  
 1:11.....m400 ..... f  
 1:19.....w1500..... f  
 1:30.....m1500 ..... f

1:40.....w400H..... sf  
 2:03.....m400H..... sf  
 2:25.....wSteeple..... f  
 2:40.....mSteeple ..... f  
 2:55.....w100H..... f

**August 03**

12:00.....wDT..... f  
 .....wPV..... f  
 12:05.....m200 ..... sf  
 12:32.....w200..... sf  
 12:50.....mHJ..... f  
 12:55.....m110H..... sf  
 1:15.....mLJ ..... f  
 1:18.....w800..... f  
 1:26.....m800 ..... f  
 1:34.....w400H..... f  
 1:43.....m400H..... f  
 1:50.....mSP ..... f  
 1:52.....m5000 ..... f  
 2:13.....w200..... f  
 2:22.....m200 ..... f  
 2:31.....w5000..... f  
 2:54.....m110H..... f