



85th Singapore Open Track & Field Championships 2025
24 & 25 Apr 2025, Singapore SportsHub
Tentative Schedule

Updated: 20 Feb 2025

| THURSDAY 24 APR 2025 (MORNING SESSION) | | | | | |
|--|--------------------|---|-------|------------|------|
| Start Time | Time to Next Event | Event | Round | Category | Heat |
| 8:30:00 AM | 00:05:00 | Triple Jump | Final | A Boys | |
| 8:35:00 AM | 00:30:00 | 5000m Racewalk | Final | A Boys | |
| 9:05:00 AM | 00:05:00 | Shot Put (HOA) | Final | Women Open | |
| 9:10:00 AM | 00:20:00 | 3000m Racewalk | Final | A Girls | |
| 9:30:00 AM | 00:05:00 | 3000m Racewalk | Final | B Boys | |
| 9:35:00 AM | 00:02:30 | 5000m Racewalk A Boys - Victory Ceremony | | | |
| 9:37:30 AM | 00:15:00 | 3000m Racewalk A Girls - Victory Ceremony | | | |
| 9:52:30 AM | 00:13:00 | 1500m Racewalk | Final | B Girls | |
| 10:05:30 AM | 00:13:00 | 1500m Racewalk | Final | C Girls | |
| 10:18:30 AM | 00:15:00 | 1500m Racewalk | Final | B Boys | |
| 10:33:30 AM | 00:02:00 | 1500m | Final | Women Open | 1 |
| 10:35:30 AM | 00:06:00 | 3000m Racewalk B Boys - Victory Ceremony | | | |
| 10:41:30 AM | 00:05:00 | 1500m | Final | Men Open | 1 |
| 10:46:30 AM | 00:02:00 | Shot Put (HOA) | Final | Men Open | |
| 10:48:30 AM | 00:02:00 | Javelin Throw (HOA) | Final | Men Open | |
| 10:50:30 AM | 00:25:00 | 400m | Heat | Men Open | 5 |
| 11:15:30 AM | 00:25:00 | 400m | Heat | Women Open | 5 |
| 11:40:30 AM | 00:02:30 | Triple Jump B Boys - Victory Ceremony | | | |
| 11:43:00 AM | 00:02:30 | 1500m Racewalk B Girls - Victory Ceremony | | | |
| 11:45:30 AM | 00:02:30 | 1500m Women - Victory Ceremony | | | |
| 11:48:00 AM | 00:08:00 | 1500m Men - Victory Ceremony | | | |
| 11:56:00 AM | 00:05:00 | 200m Hurdles (0.762m) | Final | C Boys | |
| 12:01:00 PM | 00:05:00 | 200m Hurdles (0.762m) | Final | C Girls | |
| 12:06:00 PM | 00:02:30 | Shot Put Women - Victory Ceremony | | | |
| 12:08:30 PM | 00:02:30 | 1500m Racewalk C Girls - Victory Ceremony | | | |
| 12:11:00 PM | 00:02:30 | 1500m Racewalk B Boys - Victory Ceremony | | | |
| 12:13:30 PM | 00:10:00 | 200m Hurdles C Boys - Victory Ceremony | | | |
| 12:23:30 PM | 00:20:00 | 200m Hurdles C Girls - Victory Ceremony | | | |
| 12:43:30 PM | 00:02:30 | Javelin Throw Men - Victory Ceremony | | | |
| 12:46:00 PM | 00:02:30 | Shot Put Men - Victory Ceremony | | | |

| THURSDAY 24 APR 2025 (AFTERNOON SESSION) | | | | | |
|--|--------------------|---|-------|------------|---|
| Time | Time to Next Event | Event | Round | Category | |
| 2:00:00 PM | 00:10:00 | 110m Hurdles (1.067m) | Heat | Men Open | 2 |
| 2:10:00 PM | 00:03:30 | Triple Jump | Final | Men Open | |
| 2:13:30 PM | 00:05:00 | Javelin Throw (HOA) | Final | Women Open | |
| 2:18:30 PM | 00:15:00 | 100m Hurdles (0.838m) | Heat | Women Open | 2 |
| 2:33:30 PM | 00:10:00 | High Jump | Final | Women Open | |
| 2:43:30 PM | 00:20:00 | 100m | Heat | Women Open | 5 |
| 3:03:30 PM | 00:20:00 | 100m | Heat | Men Open | 5 |
| 3:23:30 PM | 00:10:00 | 3000m Steeplechase (0.914m) | Final | Men Open | 1 |
| 3:33:30 PM | 00:13:00 | Hammer Throw (HOA) | Final | Men Open | |
| 3:46:30 PM | 00:15:00 | 3000m Steeplechase (0.762m) | Final | Women Open | 1 |
| 4:01:30 PM | 00:02:30 | Triple Jump Men - Victory Ceremony | | | |
| 4:04:00 PM | 00:02:30 | Javelin Throw Women - Victory Ceremony | | | |
| 4:06:30 PM | 00:05:00 | Triple Jump | Final | Women Open | |
| 4:11:30 PM | 00:15:00 | 100m Hurdles (0.838m) | Final | Women Open | |
| 4:26:30 PM | 00:10:00 | 110m Hurdles (1.067m) | Final | Men Open | |
| 4:36:30 PM | 00:10:00 | High Jump | Final | Men Open | |
| 4:46:30 PM | 00:05:00 | 100m | Final | Women Open | |
| 4:51:30 PM | 00:10:00 | 100m | Final | Men Open | |
| 5:01:30 PM | 00:05:00 | Hammer Throw (HOA) | Final | Women Open | |
| 5:06:30 PM | 00:05:00 | 5000m | Final | Men Open | 1 |
| 5:11:30 PM | 00:02:30 | High Jump Women - Victory Ceremony | | | |
| 5:14:00 PM | 00:02:30 | 3000m Steeplchase Men - Victory Ceremony | | | |
| 5:16:30 PM | 00:02:30 | 3000m Steeplechase Women - Victory Ceremony | | | |
| 5:19:00 PM | 00:02:30 | Hammer Throw Men - Victory Ceremony | | | |
| 5:21:30 PM | 00:10:00 | Triple Jump Women - Victory Ceremony | | | |
| 5:31:30 PM | 00:05:00 | 5000m | Final | Women Open | 1 |
| 5:36:30 PM | 00:02:30 | 110m Hurdles Men - Victory Ceremony | | | |
| 5:39:00 PM | 00:02:30 | 100m Hurdles Women - Victory Ceremony | | | |
| 5:41:30 PM | 00:02:30 | 100m Women - Victory Ceremony | | | |
| 5:44:00 PM | 00:15:00 | 100m Men - Victory Ceremony | | | |
| 5:59:00 PM | 00:05:00 | 400m | Final | Women Open | |
| 6:04:00 PM | 00:15:00 | 400m | Final | Men Open | |
| 6:19:00 PM | 00:15:00 | 10000m Race Walk | Final | Women Open | |
| 6:34:00 PM | 00:02:30 | 5000m Men - Victory Ceremony | | | |
| 6:36:30 PM | 00:02:30 | 5000m Women - Victory Ceremony | | | |
| 6:39:00 PM | 00:02:30 | 400m Men - Victory Ceremony | | | |
| 6:41:30 PM | 00:02:30 | 400m Women - Victory Ceremony | | | |
| 6:44:00 PM | 00:02:30 | Hammer Throw Women - Victory Ceremony | | | |
| 6:46:30 PM | 00:50:00 | High Jump Men - Victory Ceremony | | | |
| 7:36:30 PM | 00:10:00 | 10000m Race Walk | Final | Men Open | |
| 7:46:30 PM | 00:59:00 | 10000m Race Walk Women - Victory Ceremony | | | |
| 7:46:30 PM | 00:10:00 | 4x400m Mx | Final | Mixed Open | 1 |
| 8:45:30 PM | 00:02:30 | 10000m Race Walk Men - Victory Ceremony | | | |
| 7:56:30 PM | 00:02:30 | 4x400m Mxed Open - Victory Ceremony | | | |

| FRIDAY 25 APR 2025 (MORNING SESSION) | | | | | |
|--------------------------------------|--------------------|---------------------------------------|-------|------------|---|
| Time | Time to Next Event | Event | Round | Category | |
| 8:30:00 AM | 00:40:00 | 10000m | Final | Men Open | 1 |
| 9:10:00 AM | 00:05:00 | Discus Throw (HOA) | Final | Women Open | |
| 9:15:00 AM | 00:25:00 | 10000m | Final | Women Open | |
| 9:40:00 AM | 00:40:00 | Pole Vault | Final | Women Open | |
| 10:20:00 AM | 00:20:00 | 400m Hurdles (0.762m) | Heat | Women Open | 2 |
| 10:40:00 AM | 00:10:00 | 400m Hurdles (0.914m) | Heat | Men Open | 2 |
| 10:50:00 AM | 00:10:00 | Discus Throw (HOA) | Final | Men Open | |
| 11:00:00 AM | 00:10:00 | 800m | Heat | Women Open | 2 |
| 11:10:00 AM | 00:10:00 | 800m | Heat | Men Open | 2 |
| 11:20:00 AM | 00:02:30 | 10000m Men - Victory Ceremony | | | |
| 11:22:30 AM | 00:02:30 | 10000m Women - Victory Ceremony | | | |
| 11:25:00 AM | 00:05:00 | Pole Vault Women - Victory Ceremony | | | |
| 11:30:00 AM | 00:20:00 | 200m | Heat | Women Open | 4 |
| 11:50:00 AM | 00:25:00 | 200m | Heat | Men Open | 5 |
| 12:15:00 PM | 00:02:30 | Discus Throw Women - Victory Ceremony | | | |
| 12:17:30 PM | 00:02:30 | Discus Throw Women - Victory Ceremony | | | |

| FRIDAY 25 APR 2025 (AFTERNOON SESSION) | | | | | |
|--|--------------------|--------------------------------------|-------|------------|--|
| Time | Time to Next Event | Event | Round | Category | |
| 2:00:00 PM | 00:05:00 | Long Jump | Final | Men Open | |
| 2:05:00 PM | 00:15:00 | 400m Hurdles (0.914m) | Final | Men Open | |
| 2:20:00 PM | 00:10:00 | 400m Hurdles (0.762m) | Final | Women Open | |
| 2:30:00 PM | 00:15:00 | High Jump | Final | B Boys | |
| 2:45:00 PM | 00:05:00 | 200m | Final | Women Open | |
| 2:50:00 PM | 00:10:00 | 200m | Final | Men Open | |
| 3:00:00 PM | 00:05:00 | Pole Vault | Final | Men Open | |
| 3:05:00 PM | 00:05:00 | 100m | Final | C Girls | |
| 3:10:00 PM | 00:05:00 | 100m | Final | B Girls | |
| 3:15:00 PM | 00:05:00 | 100m | Final | A Girls | |
| 3:20:00 PM | 00:05:00 | 100m | Final | C Boys | |
| 3:25:00 PM | 00:05:00 | 100m | Final | B Boys | |
| 3:30:00 PM | 00:05:00 | 100m | Final | A Boys | |
| 3:35:00 PM | 00:02:30 | 400m Hurdle Women - Victory Ceremony | | | |
| 3:37:30 PM | 00:02:30 | 400m Hurdle Men - Victory Ceremony | | | |
| 3:40:00 PM | 00:02:30 | 200m Women - Victory Ceremony | | | |
| 3:42:30 PM | 00:02:30 | 200m Men - Victory Ceremony | | | |
| 3:45:00 PM | 00:02:30 | 100m C Girls - Victory Ceremony | | | |
| 3:47:30 PM | 00:02:30 | 100m B Girls - Victory Ceremony | | | |
| 3:50:00 PM | 00:02:30 | 100m A Girls - Victory Ceremony | | | |
| 3:52:30 PM | 00:02:30 | 100m C Boys - Victory Ceremony | | | |
| 3:55:00 PM | 00:02:30 | 100m B Boys - Victory Ceremony | | | |
| 3:57:30 PM | 00:05:00 | 100m A Boys - Victory Ceremony | | | |
| 4:02:30 PM | 00:05:00 | Long Jump | Final | Women Open | |
| 4:07:30 PM | 00:05:00 | 800m | Final | Women Open | |
| 4:12:30 PM | 00:10:00 | 800m | Final | Men Open | |
| 4:22:30 PM | 00:08:00 | 1500m | Final | B Boys | |
| 4:30:30 PM | 00:08:00 | 1500m | Final | A Girls | |
| 4:38:30 PM | 00:08:00 | 1500m | Final | A Boys | |
| 4:46:30 PM | 00:02:30 | Long Jump Men - Victory Ceremony | | | |
| 4:49:00 PM | 00:02:30 | 800m Women- Victory Ceremony | | | |
| 4:51:30 PM | 00:05:00 | 800m Men - Victory Ceremony | | | |
| 4:56:30 PM | 00:07:00 | 4 x 100m | Final | Men Open | |
| 5:03:30 PM | 00:07:00 | 4 x 100m | Final | Women Open | |
| 5:10:30 PM | 00:07:00 | 4 x 100m | Final | C Girls | |
| 5:17:30 PM | 00:07:00 | 4 x 100m | Final | B Girls | |
| 5:24:30 PM | 00:07:00 | 4 x 100m | Final | A Girls | |
| 5:31:30 PM | 00:07:00 | 4 x 100m | Final | C Boys | |
| 5:38:30 PM | 00:07:00 | 4 x 100m | Final | B Boys | |
| 5:45:30 PM | 00:07:00 | 4 x 100m | Final | A Boys | |
| 5:52:30 PM | 00:02:30 | 1500m B Boys - Victory Ceremony | | | |
| 5:55:00 PM | 00:02:30 | 1500m A Girls - Victory Ceremony | | | |
| 5:57:30 PM | 00:05:00 | 1500m A Boys - Victory Ceremony | | | |
| 6:02:30 PM | 00:10:00 | 4 x 400m | Final | Men Open | |
| 6:12:30 PM | 00:10:00 | 4 x 400m | Final | Women Open | |
| 6:22:30 PM | 00:10:00 | 4 x 400m | Final | C Girls | |
| 6:32:30 PM | 00:10:00 | 4 x 400m | Final | B Girls | |
| 6:42:30 PM | 00:10:00 | 4 x 400m | Final | A Girls | |
| 6:52:30 PM | 00:10:00 | 4 x 400m | Final | C Boys | |
| 7:02:30 PM | 00:10:00 | 4 x 400m | Final | B Boys | |
| 7:12:30 PM | 00:10:00 | 4 x 400m | Final | A Boys | |

| FRIDAY 25 APR 2025 (AFTERNOON SESSION) | | | | | |
|--|--------------------|---|-------|----------|--|
| Time | Time to Next Event | Event | Round | Category | |
| 7:22:30 PM | 00:03:00 | 4x100m Women - Victory Ceremony | | | |
| 7:25:30 PM | 00:03:00 | 4x100m Men - Victory Ceremony | | | |
| 7:28:30 PM | 00:03:00 | 4x400m Women - Victory Ceremony | | | |
| 7:31:30 PM | 00:03:00 | 4x400m Men - Victory Ceremony | | | |
| 7:34:30 PM | 00:02:30 | Pole Vault Men - Victory Ceremony | | | |
| 7:37:00 PM | 00:02:30 | Long Jump Women - Victory Ceremony | | | |
| 7:39:30 PM | 00:02:30 | High Jump B Boys - Victory Ceremony | | | |
| 7:42:00 PM | 00:03:00 | 4x100 Schools C Girls - Victory Ceremony | | | |
| 7:45:00 PM | 00:03:00 | 4x100 Schools C Boys - Victory Ceremony | | | |
| 7:48:00 PM | 00:03:00 | 4x100 Schools B Girls - Victory Ceremony | | | |
| 7:51:00 PM | 00:03:00 | 4x100 Schools B Boys - Victory Ceremony | | | |
| 7:54:00 PM | 00:03:00 | 4x100 Schools A Girls - Victory Ceremony | | | |
| 7:57:00 PM | 00:03:00 | 4x100 Schools A Boys - Victory Ceremony | | | |
| 8:00:00 PM | 00:03:00 | 4x400 Schools C Girls - Victory Ceremony | | | |
| 8:03:00 PM | 00:03:00 | 4x400 Schools C Boys - Victory Ceremony | | | |
| 8:06:00 PM | 00:03:00 | 4x400 Schools B Girls - Victory Ceremony | | | |
| 8:09:00 PM | 00:03:00 | 4x400 Schools B Boys - Victory Ceremony | | | |
| 8:12:00 PM | 00:03:00 | 4x400 Schools A Girls - Victory Ceremony | | | |
| 8:15:00 PM | 00:03:00 | 4x400 Schools A Boys - Victory Ceremony | | | |
| 8:18:00 PM | 00:03:00 | C Division Girls Championships - Victory Ceremony | | | |
| 8:21:00 PM | 00:03:00 | C Division Boys Championships - Victory Ceremony | | | |
| 8:24:00 PM | 00:03:00 | B Division Girls Championships - Victory Ceremony | | | |
| 8:27:00 PM | 00:03:00 | B Division Boys Championships - Victory Ceremony | | | |
| 8:30:00 PM | 00:03:00 | A Division Girls Championships - Victory Ceremony | | | |
| 8:33:00 PM | 00:03:00 | A Division Boys Championships - Victory Ceremony | | | |
| 8:36:00 PM | 00:03:00 | Singapore National Anthem | | | |