

2025 NCCMA Horario - Schedule
6-9 Noviembre 2025 - Ciudad de México

Jueves (Thursday)

PISTA - TRACK			PENTATHLON		
8:30 AM	W60-79 5000m Race Walk/Caminata	Finals	8:00 AM	W40-74	Finals
9:25 AM	W30-59 5000m Race Walk/Caminata	Finals	8:00 AM	M30-59	Finals
10:20 AM	M60-84 5000m Race Walk/Caminata	Finals	9:45 AM	M60-79	Finals
11:05 AM	M30-59 5000m Race Walk/Caminata	Finals			
11:50 AM	W60-74 800 m	Finals			
11:58 AM	W50-59 800 m	Finals			
12:06 PM	W45 800 m	Finals			
12:14 PM	W40 800 m	Finals	CAMPOS - FIELD		
12:22 PM	W30-39 800 m	Finals	8:00 AM	W70-84 Discus/Disco	Finals
12:30 PM	M75-89 800 m	Finals	9:30 AM	W60-69 Discus/Disco	Finals
12:38 PM	M70 800 m	Finals	2:00 PM	M50-59 Shot Put/Impulso de Bala	Finals
12:46 PM	M65 800 m	Finals	2:00 PM	M30-49 Javelin/Jabalina	Finals
12:54 PM	M60 800 m	Finals	2:45 PM	M60-69 Hammer/Martillo	Finals
1:10 PM	M55 800 m	Finals	4:15 PM	M30-49 Shot Put/Impulso de Bala	Finals
1:18 PM	M50 800 m	Finals	4:15 PM	M50-59 Javelin/Jabalina	Finals
1:26 PM	M45 800 m	Finals	4:45 PM	M70-89 Hammer/Martillo	Finals
1:34 PM	M40 800 m	Finals	6:00 PM	W35-59 Weight/Lanz. de Peso	Finals
1:42 PM	M35 800 m	Finals			
1:50 PM	M30 800 m	Finals			
2:00 PM	W65 100 m	Prelims			
2:08 PM	W55 100 m	Prelims			
2:16 PM	W45 100 m	Prelims			
2:24 PM	W40 100 m	Prelims			
2:32 PM	W35 100 m	Prelims			
2:40 PM	M75 100 m	Prelims			
2:48 PM	M70 100 m	Prelims			
2:56 PM	M65 100 m	Prelims			
3:08 PM	M60 100 m	Prelims			
3:16 PM	M55 100 m	Prelims			
3:24 PM	M50 100 m	Prelims			
3:36 PM	M45 100 m	Prelims			
3:52 PM	M40 100 m	Prelims			
4:00 PM	M35 100 m	Prelims			
4:12 PM	M30 100 m	Prelims			

Viernes (Friday)

PISTA - TRACK			PISTA - TRACK		
8:00 AM	W60-74 5000 m	Finals	5:45 PM	4x100 m Relay - Relevos	Finals
8:40 AM	W50-59 5000 m	Finals			
9:13 AM	W30-49 5000 m	Finals			
9:43 AM	M70-89 5000 m	Finals			
10:28 AM	M65 5000 m	Finals			
11:03 AM	M60 5000 m	Finals			
11:38 AM	M55 5000 m	Finals	CAMPOS - FIELD		
12:08 PM	M45-54 5000 m	Finals	8:00 AM	W55-74 Long Jump/S.de Longitud	Finals
12:38 PM	M40 5000 m	Finals	8:00 AM	M50-59 Discus/Disco	Finals
1:05 PM	M30-39 5000 m	Finals	8:30 AM	W30-49 Shot Put/Impulso de Bala	Finals
1:40 PM	W75-89 100 m	Finals	9:00 AM	M30-79 Pole Vlt/S. con Garrocha	Finals
1:43 PM	W70 100 m	Finals	9:00 AM	W50-59 Javelin/Jabalina	Finals
1:46 PM	W65 100 m	Finals	9:45 AM	W30-54 Long Jump/S.de Longitud	Finals
1:49 PM	W60 100 m	Finals	10:15 AM	M30-49 Discus/Disco	Finals
1:53 PM	W55 100 m	Finals	11:00 AM	W50-59 Shot Put/Impulso de Bala	Finals
1:57 PM	W50 100 m	Finals	11:00 AM	W35-49 Javelin/Jabalina	Finals
2:01 PM	W45 100 m	Finals	11:45 AM	M65-89 Long Jump/S.de Longitud	Finals
2:05 PM	W40 100 m	Finals	12:00 PM	W35-74 Pole Vlt/S. con Garrocha	Finals
2:09 PM	W35 100 m	Finals	12:30 PM	W60-84 Hammer/Martillo	Finals
2:13 PM	W30 100 m	Finals	2:00 PM	M50-64 Long Jump/S.de Longitud	Finals
2:17 PM	M80-94 100 m	Finals	2:45 PM	M60-69 Weight/Lanz. de Peso	Finals
2:21 PM	M75 100 m	Finals	4:00 PM	M40-49 Long Jump/S.de Longitud	Finals
2:24 PM	M70 100 m	Finals	4:15 PM	M70-89 Weight/Lanz. de Peso	Finals
2:27 PM	M65 100 m	Finals	5:45 PM	M30-39 Long Jump/S.de Longitud	Finals
2:31 PM	M60 100 m	Finals			
2:35 PM	M55 100 m	Finals			
2:39 PM	M50 100 m	Finals			
2:43 PM	M45 100 m	Finals			
2:47 PM	M40 100 m	Finals			
2:51 PM	M35 100 m	Finals			
2:55 PM	M30 100 m	Finals			
3:10 PM	W60-74 80 Short Hurdles/Valles	Finals			
3:20 PM	W50-59 80 Short Hurdles/Valles	Finals			
3:24 PM	M70-79 80 Short Hurdles/Valles	Finals			
3:34 PM	W40-49 80 Short Hurdles/Valles	Finals			
3:45 PM	M65 100 Short Hurdles/Valles	Finals			
3:48 PM	M60 100 Short Hurdles/Valles	Finals			
3:58 PM	W30-39 100 Short Hurdles/Valles	Finals			
4:08 PM	M50-59 100 Short Hurdles/Valles	Finals			
4:20 PM	M45 110 Short Hurdles/Valles	Finals			
4:24 PM	M40 110 Short Hurdles/Valles	Finals			
4:28 PM	M30-39 110 Short Hurdles/Valles	Finals			
4:36 PM	W45 400 m	Prelims			
4:38 PM	W40 400 m	Prelims			
4:43 PM	W35 400 m	Prelims			
4:45 PM	M65 400 m	Prelims			
4:52 PM	M60 400 m	Prelims			
5:02 PM	M55 400 m	Prelims			
5:10 PM	M50 400 m	Prelims			
5:17 PM	M45 400 m	Prelims			
5:20 PM	M40 400 m	Prelims			
5:30 PM	M35 400 m	Prelims			
5:38 PM	M30 400 m	Prelims			

Sábado (Saturday)

PISTA - TRACK			CAMPOS - FIELD		
8:00 AM	W55-84 3000 m Race Walk/Caminata	Finals	8:00 AM	W50-59 Discus/Disco	Finals
8:35 AM	W30-54 3000 m Race Walk/Caminata	Finals	8:15 AM	M60-69 Triple Jump/Salto Triple	Finals
9:10 AM	M65-84 3000 m Race Walk/Caminata	Finals	8:30 AM	M70-94 Shot Put/Impulso de Bala	Finals
9:45 AM	M50-64 3000 m Race Walk/Caminata	Finals	8:30 AM	M60-69 Javelin/Jabalina	Finals
10:15 AM	M30-49 3000 m Race Walk/Caminata	Finals	9:15 AM	W60-74 High Jump/Salto de Altura	Finals
10:50 AM	W30-74 2000 m Steeplechase	Finals	9:45 AM	W30-49 Discus/Disco	Finals
11:10 AM	M60-84 2000 m Steeplechase	Finals	10:00 AM	M45-59 Triple Jump/Salto Triple	Finals
11:35 AM	M45-59 3000 m Steeplechase	Finals	10:45 AM	M60-69 Shot Put/Impulso de Bala	Finals
12:00 PM	M30-44 3000 m Steeplechase	Finals	10:45 AM	M70-94 Javelin/Jabalina	Finals
12:30 PM	W70-79 400 m	Finals	11:00 AM	W35-59 High Jump/Salto de Altura	Finals
12:34 PM	W65 400 m	Finals	11:30 AM	M50-59 Hammer/Martillo	Finals
12:37 PM	W60 400 m	Finals	11:45 AM	M30-44 Triple Jump/Salto Triple	Finals
12:40 PM	W55 400 m	Finals	1:15 PM	M30-49 Hammer/Martillo	Finals
12:44 PM	W50 400 m	Finals	1:30 PM	M70-79 Triple Jump/Salto Triple	Finals
12:47 PM	W45 400 m	Finals	3:15 PM	W60-79 Weight/Lanz. de Peso	Finals
12:51 PM	W40 400 m	Finals			
12:55 PM	W35 400 m	Finals			
12:59 PM	W30 400 m	Finals			
1:03 PM	M80-89 400 m	Finals			
1:07 PM	M75 400 m	Finals			
1:10 PM	M70 400 m	Finals			
1:13 PM	M65 400 m	Finals			
1:17 PM	M60 400 m	Finals			
1:21 PM	M55 400 m	Finals			
1:25 PM	M50 400 m	Finals			
1:29 PM	M45 400 m	Finals			
1:33 PM	M40 400 m	Finals			
1:37 PM	M35 400 m	Finals			
1:41 PM	M30 400 m	Finals			
1:45 PM	W55-74 1500 m	Finals			
2:00 PM	W45-54 1500 m	Finals			
2:10 PM	W30-44 1500 m	Finals			
2:20 PM	M75-89 1500 m	Finals			
2:30 PM	M70 1500 m	Finals			
2:40 PM	M65 1500 m	Finals			
2:50 PM	M60 1500 m	Finals			
3:00 PM	M50-59 1500 m	Finals			
3:10 PM	M40-49 1500 m	Finals			
3:20 PM	M30-39 1500 m	Finals			
3:30 PM	W65 200 m	Prelims			
3:36 PM	W55 200 m	Prelims			
3:42 PM	W45 200 m	Prelims			
3:48 PM	W40 200 m	Prelims			
3:56 PM	W35 200 m	Prelims			
4:06 PM	M70 200 m	Prelims			
4:15 PM	M65 200 m	Prelims			
4:25 PM	M60 200 m	Prelims			
4:35 PM	M55 200 m	Prelims			
4:43 PM	M50 200 m	Prelims			
5:00 PM	M45 200 m	Prelims			
5:10 PM	M40 200 m	Prelims			
5:25 PM	M35 200 m	Prelims			
5:35 PM	M30 200 m	Prelims			

Domingo (Sunday)

PISTA - TRACK			CAMPOS - FIELD		
8:00 AM	W60-74 3000 m	Finals	8:00 AM	W60-69 Javelin/Jabalina	Finals
8:30 AM	W50-59 3000 m	Finals	8:00 AM	M70-94 Discus/Disco	Finals
8:52 AM	W30-49 3000 m	Finals	8:15 AM	M65-89 High Jump/Salto de Altura	Finals
9:15 AM	M70-89 3000 m	Finals	8:15 AM	W70-84 Shot Put/Impulso de Bala	Finals
9:40 AM	M65 3000 m	Finals	8:30 AM	W35-54 Triple Jump/Salto Triple	Finals
10:00 AM	M55-64 3000 m	Finals	10:00 AM	W60-69 Shot Put/Impulso de Bala	Finals
10:25 AM	M45-54 3000 m	Finals	10:00 AM	W70-79 Javelin/Jabalina	Finals
10:45 AM	M40 3000 m	Finals	10:15 AM	W55-74 Triple Jump/Salto Triple	Finals
11:00 AM	M30-39 3000 m	Finals	10:15 AM	M50-64 High Jump/Salto de Altura	Finals
11:20 AM	W70-79 200 m	Finals	10:30 AM	M60-69 Discus/Disco	Finals
11:24 AM	W65 200 m	Finals	12:00 PM	M30-49 High Jump/Salto de Altura	Finals
11:27 AM	W60 200 m	Finals	1:00 PM	W50-59 Hammer/Martillo	Finals
11:30 AM	W55 200 m	Finals	2:15 PM	W30-49 Hammer/Martillo	Finals
11:34 AM	W50 200 m	Finals	4:00 PM	M30-59 Weight/Lanz. de Peso	Finals
11:38 AM	W45 200 m	Finals			
11:42 AM	W40 200 m	Finals			
11:46 AM	W35 200 m	Finals			
11:50 AM	W30 200 m	Finals			
11:54 AM	M85 200 m	Finals			
11:58 AM	M80 200 m	Finals			
12:01 PM	M75 200 m	Finals			
12:05 PM	M70 200 m	Finals			
12:09 PM	M65 200 m	Finals			
12:13 PM	M60 200 m	Finals			
12:17 PM	M55 200 m	Finals			
12:20 PM	M50 200 m	Finals			
12:24 PM	M45 200 m	Finals			
12:28 PM	M40 200 m	Finals			
12:32 PM	M35 200 m	Finals			
12:36 PM	M30 200 m	Finals			
12:50 PM	W70 200 Long Hurdles/Valles	Finals			
12:55 PM	W60-69 300 Long Hurdles/Valles	Finals			
1:00 PM	M70-79 300 Long Hurdles/Valles	Finals			
1:10 PM	W50-59 300 Long Hurdles/Valles	Finals			
1:20 PM	M65 300 Long Hurdles/Valles	Finals			
1:25 PM	M60 300 Long Hurdles/Valles	Finals			
1:35 PM	W30-49 400 Long Hurdles/Valles	Finals			
1:40 PM	M50-59 400 Long Hurdles/Valles	Finals			
1:50 PM	M45 400 Long Hurdles/Valles	Finals			
1:55 PM	M40 400 Long Hurdles/Valles	Finals			
2:00 PM	M35 400 Long Hurdles/Valles	Finals			
2:05 PM	M30 400 Long Hurdles/Valles	Finals			
2:30 PM	4x400m Revelos - Relays	Finals			