

2025 Meet Schedule

Friday, February 28th

FIELD EVENTS

12:00 p.m. M Pole Vault
1:00 p.m. W Long Jump
1:45 p.m. W 20# Weight Throw
4:00 p.m. M Long Jump
4:00 p.m. M 35# Weight Throw
5:00 p.m. W Pole Vault

TRACK EVENTS

10:30 a.m. W Pentathlon 55 Meter Hurdles
10:45 a.m. M Heptathlon 55 Meters
3:00 p.m. M 55 Meter Hurdles Semi-Final
3:15 p.m. W 55 Meter Hurdles Semi-Final
3:30 p.m. M 55 Meters Semi-Final
3:45 p.m. W 55 Meters Semi-Final
4:25 p.m. M 5,000 Meters (Section 1) Final
4:50 p.m. W 5,000 Meters (Section 1) Final
5:15 p.m. M 5,000 Meters (Section 2) Final
5:40 p.m. W 5,000 Meters (Section 2) Final
6:05 p.m. M Distance Medley Relay Final
6:20 p.m. W Distance Medley Relay Final

Pentathlon Events: 55 Hurdles, High Jump, Shot Put, Long Jump, 800 Meters

Heptathlon Events (Friday): 55 Meters, Long Jump, Shot Put, High Jump

Saturday, March 1st

FIELD EVENTS

12:00 p.m.	M High Jump
12:00 p.m.	W Triple Jump
12:00 p.m.	W Shot Put
2:30 p.m.	W High Jump
2:30 p.m.	M Triple Jump
2:30 p.m.	M Shot Put

TRACK EVENTS

9:30 a.m.	M Heptathlon 55 Meter Hurdles
12:30 p.m.	M Mile Run Final
12:55 p.m.	W Mile Run Final
1:20 p.m.	M 55 Meter Hurdles Final
1:25 p.m.	W 55 Meter Hurdles Final
1:35 p.m.	M 400 Meters Final
2:00 p.m.	W 400 Meters Final
2:30 p.m.	M 55 Meters Final
2:35 p.m.	W 55 Meters Final
2:40 p.m.	M 800 Meters Final
3:00 p.m.	W 800 Meters Final
3:20 p.m.	M 200 Meters Final
3:45 p.m.	W 200 Meters Final
4:05 p.m.	M 3000 Meters Final
4:35 p.m.	W 3000 Meters Final
5:10 p.m.	M 4 x 400 Meter Relay Final
5:25 p.m.	W 4 x 400 Meter Relay Final
5:40 p.m.	Coaches Meeting
5:45 p.m.	Awards

Heptathlon Events (Saturday): 55 Hurdles, Pole Vault, 1000 Meters