

SCHEDULE OF EVENTS

Saturday, March 8, 2025

7:00am - Doors Open

7:30am – Implement Inspection/Weigh-In Begins in Turf Room

9:00am - Field Events

- Pole Vault - Boys First - Opening Height 12'
- Pole Vault – Girls compete following boys – Opening Height 9'
- Shot Put – Girls First (Competed in Turf Room)
- High Jump – Girls First – Opening Height 4'8"
- High Jump – Boys compete following girls - Opening Height 5'8"
- Weight Throw – Boys First (Competed in Turf Room)

11:55am – National Anthem

12:00pm - Running Events

- 60m Hurdle Prelims - 24 Athletes Advance to Semis (Heat Winner + Next Fastest)
- 60m Prelims – 24 Athletes Advance to Semis (Heat Winner + Next Fastest)
- DMR (1200-400-800-1600) - Timed Final
- 60m Hurdle Semis - 3 Heats - Top 8 to Final (Heat Winners + 5 Fastest Times)
- 60m Semis - 3 Heats - Top 8 to Final (Heat Winners + 5 Fastest Times)

~ AWARDS BREAK ~

Boys/Girls Pole Vault, Boys/Girls Weight Throw, Girls/Boys Shot Put, Girls High Jump, Boys/Girls DMR

- 200m Semis - Top 10 to Final
- MS 200m - Timed Final
- MS 800m - Timed Final
- SMR (400-200-200-800) - Timed Final
- 3200m - Timed Final
- 4 x 200m Relay - Timed Final

~ FINAL AWARDS DAY #1

Boys High Jump, MS 200, MS 800, Boys/Girls SMR, Boys/Girls 3200m and Boys/Girls 4x200

Sunday, March 9, 2025

7:00am - Doors Open

7:30am – Implement Inspection/Weigh-In Begins in Turf Room

9:00am - Field Events

- Long Jump - Boys on backstretch side, Girls on home straight side
- Triple Jump (*upon completion of LJ*) - Boys First
- Discus - Boys First – (Competed in Turf Room)

11:55am – National Anthem

12:00pm - Running Events

- 4 x 800m Relay - Timed Final
- 60m Hurdle Final - 1 heat
- MS 60m - Timed Final
- 60m Final - 1 heat

~ AWARDS BREAK ~

Boys/Girls Discus, Boys/Girls Long Jump, Boys Triple Jump, Boys/Girls 4x800, Boys/Girls 60m Hurdles, Boys/Girls MS 60m Dash, Boys/Girls 60m Dash

- MS 1600m - Timed Final
- 1600m - Timed Final
- MS 400m - Timed Finals
- 400m - Timed Final

~ AWARDS BREAK (approx. 30 minutes)

Boys/Girls MS 1600m, Girls Triple Jump, Boys/Girls 1600m, MS400, Boys/Girls 400m

- 800m - Timed Final
- 200m Final - 2 heats
- 4 x 400m - Timed Final

~ FINAL AWARDS DAY #2 ~

Boys/Girls 800m, Boys/Girls 200m, Boys/Girls 4x400m