



## FINAL Schedule

### 2025 POLARIS CUP CHAMPIONSHIPS

Saturday, March 29, 2025

#### SCHEDULE OF EVENTS

(Rolling Schedule. Each event will start after the previous event)

#### TRACK EVENTS

TIME					# sections
9:30 AM	1200m	Timed sections	Girls	U10 (1)	1
9:40 AM	1500m	Timed sections	Girls	U11, U12, U13, U14 (6)	1
9:45 AM	1500m	Timed sections	Girls	U15, U18, U20 (6)	1
9:55 AM	1500m	Timed sections	Boys	U13, U14, U16 (4)	1
10:05 AM	400m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20	9
10:25 AM	400m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20	6
10:45 AM	60m Hurdles	Timed Final	Girls	U9, U10 (3)	1
10:50 AM	60m Hurdles	Timed Final	Boys	U9, U10 (4)	1
10:55 AM	60m Hurdles	Timed Final	Girls	U11, U12 (6)	1
11:00 AM	60m Hurdles	Timed Final	Boys	U11, U12 (2)	1
11:05 AM	60m Hurdles	Timed Final	Girls	U13, U14 (5)	1
11:10 AM	60m Hurdles	Timed Final	Boys	U13, U14 (2)	1
11:15 AM	60m Hurdles	Timed Final	Girls	U15, U16 (2)	1
11:20 AM	60m Hurdles	Timed Final	Girls	U18 (1)	1
11:25 AM	60m Hurdles	Timed Final	Boys	U18 (2)	1
11:30 AM	60m Hurdles	Timed Final	Boys	U20 (2)	1
11:35 AM	60m	Heats (or Finals)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	18
12:20 PM	60m	Heats (or Finals)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	11
12:40 PM	2000m	Sections	Girls	U16 (1)	1
1:00 PM	60m	Finals (if necessary)	Girls	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	5
1:15 PM	60m	Finals (if necessary)	Boys	U7, U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	1
1:20 PM	800m	Timed Final	Girls	U10, U12, U13 (9)	1
1:25 PM	800m	Timed Final	Girls	U15, U18 (8)	1
1:30 PM	800m	Timed Final	Boys	U11, U13, U16 (4)	1
1:35 PM	200m	Timed Final	Girls	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	24
2:30 PM	200m	Timed Final	Boys	U8, U9, U10, U11, U12, U13, U14, U15, U16, U18, U20, Open	20
3:20 PM	4x200m	Timed Final	Girls	U8, U10, U12, U14, U16, U18, U20, Open	2
3:30 PM	4x200m	Timed Final	Boys	U8, U10, U12, U14, U16, U18, U20, Open	2



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#### FIELD EVENTS

TIME	Vertical Jump	Horizontal Jumps (Pit 1)	Horizontal Jumps (Pit 2)	Throws
8:45 AM		Warm Up	Warm Up	Warm Up
9:00 AM		Long Jump U20 & Open Women (7) 9:00 AM	Long Jump U7 & U8 Girls & Boys (8) 9:00 AM	Shot Put U9 & U10 Girls & Boys (2) 9:00 AM
9:15 AM				
9:30 AM			Warm Up	Warm Up
9:45 AM	Warm Up		Long Jump U13 & U14 Girls (12) 9:45 AM	Shot Put U13 / U14 / U15 (4) 9:45 AM
10:00 AM	High Jump ALL BOYS (8) 10:00 AM	Warm Up		Warm Up
10:15 AM		Long Jump U18 Girls (7) 10:15 AM	Warm Up	Shot Put U16 / U18 Boys (3) 10:30 AM
10:30 AM				
10:45 AM				Long Jump U11 & U12 Girls (12) 10:45 AM
11:00 AM				
11:15 AM		Warm Up		
11:30 AM		Long Jump U15 & U16 Girls (11) 11:30 PM	Warm Up	
11:45 AM			Long Jump U9 & U10 Girls (5) 11:45 PM	Warm Up
12:00 PM				Shot Put U11 / U12 / U13 / U14 Girls (4) 12:00 PM
12:15 PM			Warm Up	
12:30 PM		Warm Up		Warm Up
12:45 PM	Warm Up	Long Jump U15 & U16 Boys, U18 Boys (9) 12:45 PM	Long Jump U11 / U12 / U13 / U14 Boys (7) 12:30 PM	Shot Put U15 / U16 / U18 Girls (8) 12:45 PM
1:00 PM	High Jump ALL WOMEN (10) 1:00 PM			
1:15 PM				
1:30 PM				
1:45 PM			Long Jump U9 & U10 Boys (6) 1:45 PM	
2:00 PM		Warm Up		Warm Up
2:15 PM		Triple Jump U13 / U14 / U15 / U16 Girls (7) 2:15 PM	Warm Up	Shot Put U20 Women (2) 2:15 PM
2:30 PM			Triple Jump U13 / U14 / U15 / U20 Boys (4) 2:30 PM	
2:45 PM				
3:00 PM		Warm Up		
3:15 PM		Triple Jump U18 / U20 Girls (13) 3:15 PM		
3:30 PM				
3:45 PM				
4:00 PM				