**2025 FOREST CITY/MUSTANG INVITATIONAL**

**FINAL TRACK SCHEDULE**

**TRACK EVENTS – Track events will be run from FAST to SLOW**

**\*In the interest of time, we will run 30min ahead of schedule whenever possible\***

|  |  |  |
| --- | --- | --- |
| **Event Start Time** | **Event** | **Divison** |
| 9:00am | 110mh | Senior Boys 36” |
| 9:15am | 100mh | Junior Boys 36” |
| 9:30am | 100mh | Novice Boys 33” |
| 9:40am | 100mh | Senior Girls 30” |
| 10:00am | 80mh | Junior Girls 30” |
| 10:40am | 80mh | Novice Girls 30” |
| 11:00am | 800m | Novice Girls |
| 11:10am | 800m | Junior Girls |
| 11:25am | 800m | Senior Girls |
| 11:40am | 800m | Novice Boys |
| 11:55pm | 800m | Junior Boys |
| 12:15am | 800m | Senior Boys |
| Track Break | Track Break | Track Break |
| 1:00pm | 100m | Para Girls then Para Boys |
| 1:05pm | 100m | Novice Girls |
| 1:30pm | 100m | Junior Girls |
| 1:50pm | 100m | Senior Girls |
| 2:10pm | 100m | Novice Boys |
| 2:30pm | 100m | Junior Boys |
| 2:50pm | 100m | Senior Boys |
| 3:15pm | 400m | Novice Girls |
| 3:35pm | 400m | Junior Girls |
| 4:00pm | 400m | Senior Girls |
| 4:25pm | 400m | Novice Boys |
| 4:40pm | 400m | Junior Boys |
| 5:05pm | 400m | Senior Boys |
| 5:30pm | 1500m | Novice Girls |
| 5:45pm | 1500m | Junior Girls |
| 6:00pm | 1500m | Senior Girls |
| 6:15pm | 1500m | Novice Boys |
| 6:40pm | 1500m | Junior Boys |
| 7:00pm | 1500m | Senior Boys |

**RESULTS:** mustangstiming.com/Results/FCMI25

**FINAL FIELD SCHEDULE**

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Division** |
| 11:00am | High Jump | Junior Girls |
| 12:15pm | High Jump | Novice Girls |
| 1:30pm | High Jump | Senior Girls |
| 3:00pm | High Jump | Junior Boys |
| 4:15pm | High Jump | Novice Boys |
| 5:30pm | High Jump | Senior Boys |

**High Jump Starting Heights**

Novice/Junior Boys - starting ht./increments 1.40 + 10cm to 1.50 + 5cm

Senior Boys - starting ht./increments 1.51 + 10cm to 1.61 + 5cm

Novice/Junior Girls - starting ht./increments 1.20 + 10cm to 1.40 + 5cm

Senior Girls - starting ht./increments 1.33 + 10cm to 1.43 + 5cm

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Division** |
| Flight 1 - 10:45am  Flight 2 – 12:30pm | Long Jump (North Pit) | Senior Boys |
| Flight 1 - 10:45am  Flight 2 – 12:30pm | Long Jump (South Pit) | Junior Girls |
| Flight 1 - 11:00am  Flight 2 – 12:30pm | Long Jump (Lower Pit) | Novice Boys |
| Flight 1 - 2:15pm  Flight 2 – 4:00pm | Long Jump (North Pit) | Senior Girls |
| Flight 1 - 2:15pm  Flight 2 – 4:00pm | Long Jump (South Pit) | Junior Boys |
| Flight 1 - 2:00pm  Flight 2 – 3:30pm | Long Jump (Lower Pit) | Novice Girls |

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 11:00 | Pole Vault | Novice/Junior Girls |
| After N/J Girls – EST. 1:30pm | Pole Vault | Senior Girls |
| After S Girls – EST. 3:00pm | Pole Vault | Novice/Junior Boys |
| After N/J Boys – EST. 4:30 | Pole Vault | Senior Boys |

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 10:45am | Shot Put | Novice Girls |
| 12:15am | Shot Put | Junior Girls |
| 1:00pm | Shot Put | Senior Girls |
| 3:00pm | Shot Put | Novice Boys |
| 4:15pm | Shot Put | Junior Boys |
| 5:45pm | Shot Put | Senior Boys |

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 10:30am | Discus | Senior Boys |
| 12:30pm | Discus | Junior Boys |
| 2:00pm | Discus | Novice Boys |
| 2:45pm | Discus | Senior Girls |
| 4:45pm | Discus | Novice Girls |
| 5:45pm | Discus | Junior Girls |

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 10:30am | Javelin | Junior Boys |
| 12:15pm | Javelin | Novice Boys |
| 1:30pm | Javelin | Senior Boys |
| 3:45pm | Javelin | Junior Girls |
| 5:00pm | Javelin | Novice Girls |
| 6:00pm | Javelin | Senior Girls |