

**TENTATIVE SCHEDULE OF EVENTS****IMPORTANT INFORMATION:**

- ★ Track events will be scheduled from oldest to youngest, female athletes followed by male athletes. (i.e. 13YO females followed by 13YO males).
- ★ Hurdle events will follow the distance/heights listed above to allow for efficiency.
- ★ Age groups in 600M and above races may be combined by gender if numbers warrant. The curved/waterfall start line shall be used for these races.
- ★ Only athletes and officials are permitted in the competition areas.
- ★ Coaches and parents must spectate from the spectator area and not interfere with the competition.
- ★ The infield is not to be used for warm-ups.
- ★ **ONLY ATHLETES AND OFFICIALS ARE PERMITTED IN THE COMPETITION AREAS.**

**FRIDAY – JULY 25, 2025 | TRACK EVENTS**

Time	Event	Age Group
5:45pm	60m Heats	2014-2016 Female and Male
6:45pm	2000m Timed Finals	2012 Female and Male
7:12pm	300m Timed Finals	2012-2013 Female and Male
7:30pm	60m Finals	2014-2016 Female and Male
8:00pm	<b>AWARDS</b>	

**FRIDAY – JULY 25, 2025 | FIELD EVENTS**

Time	Event	Age group
5:00pm	Pole Vault	2012 Female and 2012 Male
	Long Jump	2013 Male
	Shot Put	2016 Female
	Hammer	2013 Female and 2012 Female
	Javelin	2015 Female
6:30pm	Shot Put	2016 Male
	Hammer Throw	2012 Male and 2013 Male
	Long Jump	2013 Female and 2012 Female
6:45pm	Javelin	2015 Male
8:00pm	<b>AWARDS</b>	

**TENTATIVE SCHEDULE OF EVENTS****SATURDAY – JULY 26, 2025 | TRACK EVENTS**

Time	Event	Age Group
10:00 am	80m Hurdles Heats	2012-2013 Female and Male
10:30 am	60m Hurdles Heats	2014-2016 Female and Male
11:15 am	800m Timed Finals	2012-2013 Female and Male
11:50 am	600m Timed Finals	2014-2016 Female and Male
1:00 pm	100m Heats	2012 Female and Male
1:15 pm	100m Heats	2013 Female and Male
1:30 pm	100m Heats	2014 Female and Male
1:45 pm	100m Heats	2015 Female and Male
2:00 pm	100m Heats	2016 Female and Male
2:15 pm	<b>AWARDS</b>	
	Track Rascal Events	
3:15 pm	80m Hurdles Finals	2012-2013 Female and Male
3:35 pm	60m Hurdles Finals	2014-2016 Female and Male
3:50 pm`	100m Finals	2012-2016 Female and Male
4:15 pm	4 X 100m Relays	2012-2016 Female and Male
4:30pm	<b>AWARDS</b>	

**SATURDAY – JULY 26, 2025 | FIELD EVENTS**

Time	Event	Age Group
9:30am	Javelin	2012 Female
	Discus	2013 Female
	Shot Put	2013 Male
	High Jump	2015 Male and 2015 Female
	Long Jump	2014 Female
10:45 am	Shot Put	2012 Male

**TENTATIVE SCHEDULE OF EVENTS**

11:00 am	Discus	2013 Male
11:15 am	High Jump	2016 Male and 2016 Female
11:45 am	Shot Put	2014 Female

**SATURDAY – JULY 26, 2025 (cont'd) | FIELD EVENTS**

Time	Event	Age Group
11:45 am	Javelin	2012 Male
12:30 pm	Triple Jump	2012 Female
	Discus	2014 Male
12:45 pm	High Jump	2013 Male and 2013 Female
1:30 pm	Javelin	2013 Female
1:45 pm	Triple Jump	2012 Male
	Shot Put	2012 Female
2:00 pm	Discus	2015 Female
2:15 pm	Long Jump	2015 Male
3:00 pm	Javelin	2014 Male
4:30 pm	<b>AWARDS</b>	

**SUNDAY – JULY 17 | TRACK EVENTS**

Time	Event	Age Group
10:00 am	200m Timed Finals	2012-2014 Female and Male
11:00 am	1000m Timed Finals	2014-2016 Female and Male
11:30 am	1200m Timed Finals	2012-2013 Female and Male
12:00 pm	1500m Racewalk Timed Finals	2012 Female and Male
12:20pm	800m Racewalk Timed Finals	2013-2016 Female and Male
12:30 pm	200m Hurdles Timed Finals	2012- 2013 Female and Male
2:15 pm	Medley Relay Timed Finals	2012- 2014 Female and Male
2:30pm	<b>AWARDS</b>	

**SUNDAY – JULY 27, 2025 | FIELD EVENTS**

**TENTATIVE SCHEDULE OF EVENTS**

Time	Event	Age Group
9:30 am	Discus	2015 Male
	Shot Put	2015 Female
	Javelin	2014 Female
	Long Jump	2016 Female
	High Jump	2014 Female and Male
10:30am	Shot put	2014 Male
10:45 am	Discus	2014 Female
11:15 am	Long Jump	2015 Female
11:30 am	Shot Put	2015 Male
	Long Jump	2014 Male
	High Jump	2012 Female and 2012 Male
11:45 am	Javelin	2013 Male
12:00 pm	Discus	2012 Male
1:00 pm	Shot Put	2013 Female
	Long Jump	2012 Male and 2016 Male
1:45 pm	Discus	2012 Female
	AWARDS	