



Tentative Competition Schedule

2025 Fall Track and Field Finale



Note: A final schedule will be sent out and posted on or before Saturday September 21 with specific numbers of heats and competitors.

Events may be added as required.

TRACK EVENTS – Sunday September 21				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of Athletes)
9:30	200 m	Timed Final	Women	Open
9:45	200 m	Timed Final	Men	Open
10:15	Sprint Hurdles	Prelims	All categories	
10:45	1000 m	Timed Final	Women	Open
	1000 m	Timed Final	Men	Open
11:30	Sprint Hurdles	Finals	All categories	
12:15	300 m	Timed Final	Women	Open
12:25	300 m	Timed Final	Men	Open
12:35	400 m	Timed Final	Women	Open
12:45	400 m	Timed Final	Men	Open
TRACK BREAK/ LUNCH BREAK (Track only)				
1:30	100 m	Prelims	Women	Open
1:50	100 m		Men	Open
2:20	Intermediate Hurdles	Timed Final	All categories	
2:40	100 m	Finals	Women	Open
3:05	100 m	Finals	Men	Open
3:20	600 m	Timed Final	Women	Open
3:30	600 m	Timed Final	Men	Open
*TBD	1000 m	Pentathlon	Boys	All Ages
*TBD	800 m	Pentathlon	Girls	All Ages

Note: All Sprint Hurdles and 100 m competitors will get to run both Prelims and Finals



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	FIELD EVENTS – Sunday, September 21					
Time	Horizontal Jumps	High Jump	Discus/Hammer	Javelin	Shot put (Circle 1)	Shot put (Circle 2 if needed)
9:00			Girls Hammer 1			
9:15						
9:30	Additional Girls or Boys Flight if needed			No Javelin due to Cage Throws		
9:45						
10:00						
10:15						
10:30						
10:45	Boys Long Jump 1	Girls High Jump 1	Boys Hammer 1			
11:00						
11:15						
11:30						
11:45						
12:00	Pentathlon Boys **EST 12:00 pm	Pentathlon Girls **EST 12:00 pm	Girls Discus 1	No Javelin due to Cage Throws	Girls Shot put 1	
12:15						
12:30						
12:45						
1:00						Pentathlon Boys Pentathlon Girls ** EST 1:00 pm
1:15	Girls Long Jump 1	Boys High Jump 1	Boys Discus 1		Boys Shot put 1	
1:30						
1:45						
2:00						
2:15						
2:30	Pentathlon Girls **EST 2:30 pm	Pentathlon Boys **EST 2:30 pm	No Cage Throws due to Javelin	Girls Javelin 1		
2:45						
3:00						
3:15						
3:30						
3:45	All Triple Jump	Additional Girls or Boys Flight if needed		Boys Javelin 1		
4:00						
4:15						
4:30						
4:45						
5:00						

Subject to change based on entry numbers and to minimize conflicts for athletes in multiple events.

Boys and Girls WILL be combined for Throws, if numbers allow for them.

Revised: Thursday, September 4, 2025