

# BATTLE AT THE BEACH

[Jack Rose Track](#) • Long Beach State University



**Friday, April 4, 2025**

*(Final Schedule as of April 2, 2025)*

| Time       | Field Events        | Location            | Flights   |
|------------|---------------------|---------------------|-----------|
| 10:00 a.m. | Men's Hammer Throw  | North Ring-Outfield | 1 flight  |
| 10:15 a.m. | Women's Javelin     | North Runway        | 1 flight  |
| 11:30 a.m. | Men's Javelin       | South Runway        | 1 flight  |
| 11:45 a.m. | Women's Hammer      | North Ring-Outfield | 1 flight  |
| 12:00 p.m. | Women's Long Jump   | East Runway         | 2 flights |
| 12:15 p.m. | Men's Long Jump     | West Runway         | 1 flight  |
| 12:30 p.m. | Men's Pole Vault    | West Runway         | 1 flight  |
| 01:00 p.m. | Men's Shot Put      | West Ring           | 1 flight  |
| 01:15 p.m. | Women's Discus      | Infield             | 1 flight  |
| 01:30 p.m. | Men's High Jump     | East Pit            | 1 flight  |
| 02:15 p.m. | Women's Pole Vault  | East Runway         | 1 flight  |
| 02:30 p.m. | Women's Triple Jump | East Runway         | 1 flight  |
| 02:40 p.m. | Men's Discus        | Infield             | 1 flight  |
| 02:45 p.m. | Men's Triple Jump   | West Runway         | 1 flight  |
| 03:00 p.m. | Women's Shot Put    | West Ring           | 1 flight  |
| 03:15 p.m. | Women's High Jump   | East Pit            | 1 flight  |

| Start      | Track Events                      | Heats   |
|------------|-----------------------------------|---------|
| 12:10 p.m. | <b>NATIONAL ANTHEM</b>            |         |
| 12:15 p.m. | Women's 3,000 Meter Steeple Chase | 1 heat  |
| 12:30 p.m. | Women's 4x100 Meter Relay         | 1 heat  |
| 12:35 p.m. | Men's 4x100 Meter Relay           | 1 heat  |
| 12:40 p.m. | Women's 1500 Meters               | 1 heat  |
| 12:50 p.m. | Men's 1500 Meters                 | 1 heat  |
| 01:00 p.m. | Women's 100 Meter Hurdles         | 2 heats |
| 01:15 p.m. | Men's 110 Meter Hurdles           | 1 heat  |
| 01:25 p.m. | Women's 400 Meters                | 1 heat  |
| 01:35 p.m. | Men's 400 Meters                  | 2 heats |
| 01:45 p.m. | Women's 100 Meters                | 3 heats |
| 02:00 p.m. | Men's 100 Meters                  | 3 heats |
| 02:15 p.m. | Women's 800 Meters                | 1 heats |
| 02:20 p.m. | Men's 800 Meters                  | 2 heats |
| 02:30 p.m. | Women's 400 Meter Hurdles         | 2 heats |
| 02:40 p.m. | Men's 400 Meter Int. Hurdles      | 1 heat  |
| 02:55 p.m. | Women's 200 Meters                | 4 heats |
| 03:10 p.m. | Men's 200 Meters                  | 3 heats |
| 03:20 p.m. | Women's 3,000 Meters              | 1 heat  |
| 03:35 p.m. | Men's 3,000 Meters                | 1 heat  |
| 03:50 p.m. | Women's 4x400 Meter Relay         | 1 heat  |
| 03:55 p.m. | Men's 4x400 Meter Relay           | 1 heat  |