**CALPAC/GSAC Track and Field Championships**

**April 24-25, 2025 @ Soka University**

***Tentative* Time Schedule as of March 11, 2025**

**Thursday, April 24**

**Field Events – Trials/FINALS**

*At the completion of each throwing flight, the next event will be given 30 minutes for warmups and then will begin.*

10:00 am - Men's Hammer

~ Women's Hammer (30 minutes after Men's HT)

10:00 am - Women's Javelin

~ Men's Javelin (30 minutes after Women’s Javelin)

3:00 pm - Women's PV

~ Men's PV (1hr after women’s PV)

3:00 pm - Men's Long Jump

~ Women's Long Jump (30 minutes after Men's LJ)

**Running Event Trials (/# of sections)**

1:10 - M 1500 – 2

1:30 - W 1500 – 2

1:50 - M 100 HH - 2

2:05 - W 110 HH - 2

2:20 - M 400 - 3

2:35 - W 400 - 2

2:50 - M 100 - 3

3:05 - W 100 - 3

3:25 - M 800 - 3

3:45 - W 800 - 4

4:00 - M 400 IH - 2

4:15 - W 400 IH - 2

4:30 - M 200 - 3

4:40 - W 200 – 3

**Running Event FINALS**

5:00pm - M Steeplechase

5:20pm - W Steeplechase

5:40pm - M 4x800 Relay

5:55pm - W 4x800 Relay

6:10pm - M 10,000

6:40pm - W 10,000

**PRELIMS TO FINALS FORMAT**

**Sprint Events:**

100m to 400mh: 8 to finals, 3 from each conference + 2 best times

**Distance Events:**

800m: 12 to finals, no prelims if 12 or less entered

1500m: 12 to finals, no prelims if 20 or less entered

BOTH finals will be 3 from each conference + 6 best times.

**Friday, April 25**

**Field Events – Trials/FINALS**

*At the completion of each throwing flight, the next event will be given 30 minutes for warmups and then will begin.*

9:00 am -Men’s Discus,

~ Women's Discus (30 minutes after Men's DT)

1:00 pm - Women's Shot

~ Men's Shot (30 minutes after Women's JT)

1:00 pm - Men's HJ

1:15 pm - Women's TJ

2:30 pm - Men's TJ

2:30 pm - Women's HJ

**Running Event FINALS**

12:30 - M 4x100 Relay

12:35 - W 4x100 Relay

12:45 - M 1500

12:55 - W 1500

1:10 - M 110 HH

1:20 - W 100 HH

1:30 - M 400

1:35 - W 400

1:45 - M 100

1:55 - W 100

2:05 - M 800

2:15 - W 800

2:25 - M 400 IH

2:35 - W 400 IH

2:45 - M 200

2:50 - W 200

3:00 - M 5000

3:25 - W 5000

3:50 - M 4x400 Relay

4:00 - W 4x400 Relay

5:55 - Awards