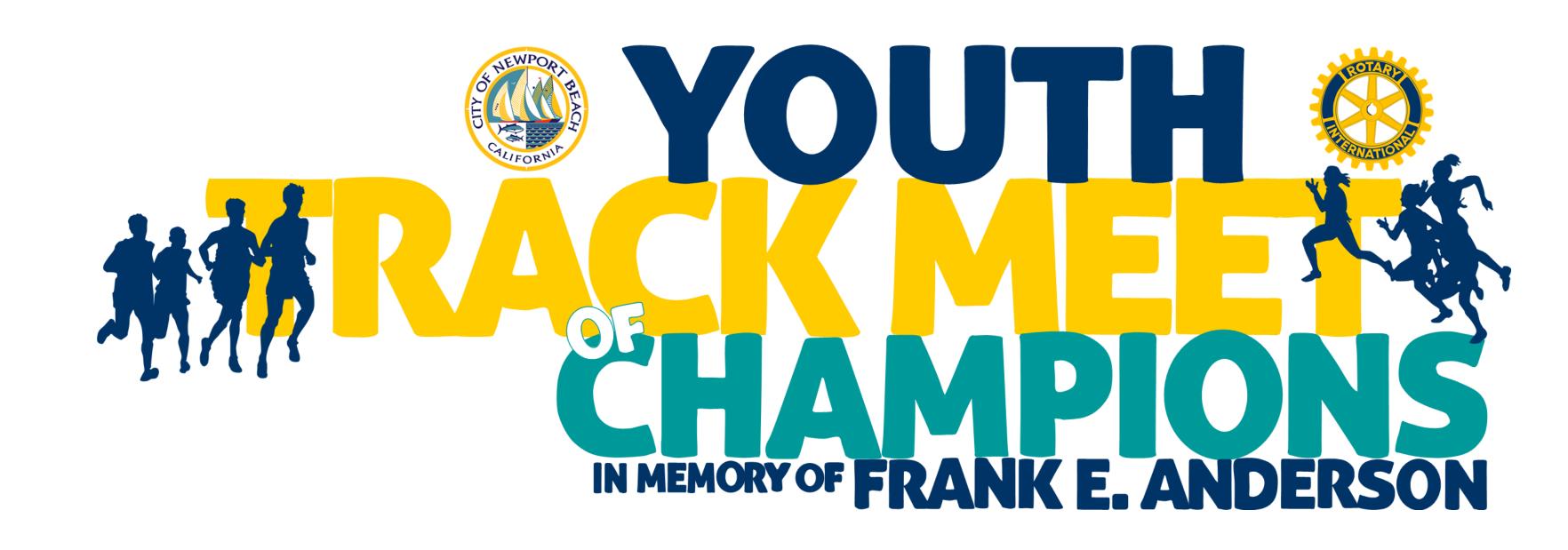
Friday, March 28, 2025 Newport Harbor High School



2:30pm- 4:00pm: Check-in

Opening Ceremonies (Welcoming of Athletes, Speech & Presentation of the 4:00pm-4:15pm:

National Anthem)

*All times are approximate and are subject to change. Events will alternate boys and girls.

4:15-5:15PM- LONG JUMP

Division 18, Division 17, Division 16

4:15-4:45PM- HIGH JUMP

Division 12, Division 10/11

5:15-6:00PM- LONG JUMP

Division 15, Division 14, Division 13

6:00-6:30PM- LONG JUMP

Division 12, Division 10/11

4:15pm-5:15pm-SOFTBALL THROW

Division 15, Division 14, Division 13

4:15-4:45PM- SHOT PUT

Division 12, Division 10/11

5:15-6:00PM- SOFTBALL THROW

Division 18, Division 17, Division 16

6:00-6:30PM-SOFTBALL THROW

Division 12, Division 10/11

Please note that each field event will close on time! Take the following steps if you have a scheduling conflict with a running event: 1. Check-in with the official at the field event, 2. Participate in the running event, 3. Go back to your field event after the running event

RUNNING EVENT TIMES

4:30PM-400m RUN

Division 17, Division 16, Division 15, Division 14, Division 10/11, Division 12, Division 13, Division 14 Division 13, Division 12, Division 10/11

5:00PM- 1600m Run

Division 12, Division 10/11, Open Division

5:30PM-50m DASH

Division 18, Division 17, Division 16,

6:00PM- 100m HEAT/FINAL

6:30PM-100m HEAT/FINAL

Division 15, Division 16, Division 17, Division 18

7:00PM-800m RUN

Division 15, Division 14, Division 13

7:15PM- 200m RUN

Division 18, Division 17, Division 16, Division 15, Division 14, Division 13, Division 12, Division 10/11