

Friday, March 28, 2025
Newport Harbor High School



SCHEDULE OF EVENTS

2:30pm– 4:00pm: Check-in

4:00pm– 4:15pm: Opening Ceremonies (Welcoming of Athletes, Speech & Presentation of the National Anthem)

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

FIELD EVENT TIMES

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 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

Division 10/11, Division 12, Division 13, Division 14

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