

ALL FIELD EVENTS WILL BE 3 ATTEMPTS PLUS 3 MORE FOR THE TOP NINE ADVANCING TO FINALS

FRIDAY – March 28, 2025	FIELD EVENTS
12 PM	Men's Long Jump (West Runway)
12 PM	Women's Long Jump (East Runway)
1:00 PM	Women's Hammer
To Follow Women's Hammer	Men's Hammer
1:30 PM	Men's Javelin
To Follow Men's Javelin	Women's Javelin

SATURDAY – March 29, 2025	FIELD EVENTS
10:00 AM	Women's Shot Put
To Follow Women's Shot Put	Men's Shot Put
10:00 AM	Women's Pole Vault
11:00 AM	Women's High Jump
12:30 PM	Women's Discus
To Follow Women's Discus	Men's Discus
1:00 PM	Men's Pole Vault
2:00 PM	Men's High Jump
2:00 PM	Men's Triple Jump (West Runway)
2:00 PM	Women's Triple Jump (East Runway)

SATURDAY – March 29, 2025	TRACK EVENTS
11:45 AM	Vince O'Boyle Recognition
12:00 PM	Women's 4x100M Relay
12:05 PM	Men's 4x100M Relay
12:15 PM	Women's 1500M
12:35 PM	Men's 1500M
12:50 PM	Women's 100M Hurdles
1:05 PM	Men's 110M Hurdles
1:15 PM	Women's 400M
1:25 PM	Men's 400M
1:40 PM	Women's 100M
1:50 PM	Men's 100M
2:00 PM	Women's 800M
2:15 PM	Men's 800M
2:30 PM	Women's 400M Hurdles
2:45 PM	Men's 400M Hurdles
2:55 PM	Women's 200M
3:15 PM	Men's 200M
3:30 PM	Women's 4x400M Relay
3:45 PM	Men's 4x400M Relay

ALL RUNNING EVENTS WILL RUN FAST TO SLOW