

UPDATED 2/12/25

UPDATED 3/15/25

TENTATIVE TIME SCHEDULE OPEN INVITATIONAL
 FRIDAY
 MARCH 21, 2025

FINALS TIMES ARE A GUIDELINE. Heats are seeded straight by times. Fastest eight followed by the next fastest eight. Medals to the top three individuals/Relay teams per heat. Medals to the top five individuals for distance and field events.

RACES WILL BE RUN CONSECUTIVELY

Time	Event #	Event	Gender			
8:30 am	19	3200 Heat I & II	Boys			
	20	3200 Heat I	Girls			
9:30	3	110M Hurdles (10)	Boys			FIELD EVENTS (No Finals)
	4	100M Hurdles (10)	Girls			
10:05	1	3200M Relay (1)	Boys	9:00am	32	Boys Discus
	2	3200M Relay (1)	Girls		28	Boys Long Jump (north pit)
10:35	5	100M Dash (20)	Boys		27	Girls Long Jump (south pit)
	6	100M Dash (20)	Girls		37	Girls Javelin
11:40	7	1600M (6)	Boys		24	Boys High Jump
	8	1600M (5)	Girls		25	Girls Pole Vault (split onto two mats)
12:35	9	400M Relay (5)	Boys	10:00	33	Girls Shot Put
	10	400M Relay (4)	Girls			
1:10	11	400M Dash (15)	Boys			(#provided opposite gender completed)
	12	400M Dash (15)	Girls	1:00#	26	Boys Pole Vault (split onto two mats)
2:30	13	300M Int Hurdles (11)	Boys		23	Girls High Jump
	14	300M Low Hurdles(11)	Girls		31	Girls Discus ###
3:25	15	800M Run (7)	Boys		30	Boys Triple Jump (North pit)
	16	800M Run (6)	Girls		29	Girls Triple Jump (South pit)
4:15	17	200M Dash (15)	Boys		38	Boys Javelin
	18	200M Dash (15)	Girls	2:00	34	Boys Shot
5:30	19	3200M Run Heat 3	Boys			
	20	3200M Run Heat 2	Girls			
6:10	21	1600M Relay (3)	Boys			Starting Heights: **Subject to Change
	22	1600M Relay (3)	Girls			High Jump: 5' 1" Boys 4' 1" Girls
						Pole Vault 9' 0" Boys 6' 0" Girls

TIME SCHEDULE OPEN INVITATIONAL
 RELAY SESSION
 MARCH 21, 2025

Time	Event #	Event	Gender	Heats	
7:00 PM	219	ELITE 3200	Boys	1	
	220	ELITE 3200	Girls	1	
7:30 PM	60	Sprint Medley (100-100-200-400)	Boys	3	Limited to 24 Teams
	61	Sprint Medley (100-100-200-400)	Girls	3	Limited to 24 Teams
8:00 PM	62	Distance Medley Relay	Boys	1	Limited to 30 Teams
	63	Distance Medley Relay	Girls	1	Limited to 30 Teams

**TENTATIVE SCHEDULE SEEDED INVITATIONAL
SATURDAY
MARCH 22, 2025**

8:00 Coaches Meeting, North Campus Cafeteria. This building is located east of the track.

Top Five Overall places will receive Awards

Heats of Lane Assignments. Heats are assigned by Time, the fastest eight in last heat.

Time	Event #	Event	Gender
8:45 am	101	4x800M Relay 2 Heat	Boys
	102	4x800M Relay 2 Heat	Girls
9:30	103	110M Hurdles (5)	Boys
	104	100M Hurdles (5)	Girls
10:05	105	100M Dash (7)	Boys
	106	100M Dash (7)	Girls
10:40	508	1600M Unattached (1)	Girls
10:45	107	1600M Heats (3)	Boys
	108	1600M Heats (3)	Girls
11:35	109	400M Relay (4)	Boys
	110	400M Relay (3)	Girls
12:00	111	400M Dash (5)	Boys
	112	400M Dash (4)	Girls
12:35	113	300M Low Hurdles (5)	Boys
	114	300M Int. Hurdles (5)	Girls
1:05	115	800M Run 2 Heats	Boys
	116	800M Run 2 Heats	Girls
1:40	117	200M Dash (4)	Boys
	118	200M Dash (4)	Girls
2:20	119	3200M Run Heat 1	Boys
	120	3200M Run Heat 1	Girls
2:50	121	1600M Relay (2)	Boys
	122	1600M Relay (2)	Girls

FIELD EVENTS (four jumps/throws) Discus is located in practice field

Time	Event #	Event	Gender
8:30	126 & 125	Pole Vault	Boys Mat #2 Girls Mat 1
	129 & 130	Triple Jump	Girls/Boys
	132	Discus	Boys
	124	High Jump	Boys
9:00	133	Shot Put	Girls
10:45	131	Discus	Girls
11:30	134	Shot Put	Boys
	123	High Jump	Girls
	128 & 127	Long Jump	Boys/Girls
9:00	Javelin (contested on practice field)		
	238	Javelin	Girls followed by
~1:00	237	Javelin	Boys

Starting Heights: **Subject to Change—

High Jump:	5' 6"	Boys	4' 6"	Girls
Pole Vault	10' 6"	Boys	7' 6"	Girls

TENTATIVE TIME SCHEDULE ELITE INVITATIONAL
SATURDAY
MARCH 22, 2025

Three Heats of Sprints. Heats are seeded by time. Fastest eight in heat three. Top 24 to 32 entries

Time	Event #	Event	Gender
5:00	203	110M Hurdles	Boys
	204	100M Hurdles	Girls
5:35	205	100M Dash (4 heats)	Boys
	206	100M Dash (4 heats)	Girls
	401	1600 M Middle School	Boys
	402	1600 M Middle School	Girls
	507	1600 M Unattached	Boys
6:10	207&407	1600M/Sally Meyerhoff Mile	Boys
	208&408	1600M/Mile 2 heats	Girls
6:35	209	400M Relay 2 heats	Boys
	210	400M Relay 2 heats	Girls
6:50	211	400M Dash	Boys
	212	400M Dash	Girls
7:10	213	300M Int Hurdles	Boys
	214	300M Low Hurdles	Girls
7:35	215	800M Run 3 heats	Boys
	216	800M Run 3 Heats	Girls
7:50	217	200M Dash	Boys
	218	200M Dash	Girls
8:15	119	3200M Run Heat 2	Boys
	120	3200M Run Heat 2	Girls
8:50	221	1600M Relay 2 Heats	Boys
	222	1600M Relay 2 Heats	Girls

FIELD EVENTS (Nine to All Finals) Throws and Horizontal jumps 2 flights

2:30 PM	225	Pole Vault	Girls
3:00 PM	232	Discus	Boys
3:15 PM	230	Triple Jump	Boys
	229	Triple Jump	Girls
	233	Shot Put	Girls
	224	High Jump	Boys
5:00	231	Discus	Girls
6:00 PM	226	Pole Vault	Boys
6:00	223	High Jump	Girls
	234	Shot Put	Boys
	228	Long Jump	Boys
	227	Long Jump	Girls

Starting Heights: **Subject to Change

High Jump:	5' 9"	Boys	4' 9"	Girls
Pole Vault:	12' 9"	Boys	9' 6"	Girls