

2025 Track & Field Schedule of Events (estimated times)		
Field Events		
Hammer	8:30 AM	
Shot Put	9:00 AM	
Pole Vault	9:30 AM	
Long Jump	9:00 AM	
Discus	10:00 AM	
High Jump	9:30 AM	
Triple Jump	11:30 AM	
Javelin	11:00 AM	
Track Events		
5K Race on Track	9:00 AM	
50M	9:30 AM	
800 m	9:45 AM	
100m	10:00 AM	
1500m	10:00 AM	RACEWALK
400m	10:35 AM	
200m	10:45 AM	POWERWALK
1500m	10:50 AM	
200m	11:10 AM	
4x100 Relays	11:45 AM	
1500m	11:20 AM	POWERWALK
5K All Comers Event All Ages	1:00 PM	Separate registration \$25.00