

TENTATIVE SCHEDULE OF EVENTS**IMPORTANT INFORMATION:**

- ★ Track events will be scheduled from oldest to youngest, female athletes followed by male athletes. (i.e. 13YO females followed by 13YO males).
- ★ Hurdle events will follow the distance/heights listed above to allow for efficiency.
- ★ Age groups in 600M and above races may be combined by gender if numbers warrant. The curved/waterfall start line shall be used for these races.
- ★ Only athletes and officials are permitted in the competition areas.
- ★ Coaches and parents must spectate from the spectator area and not interfere with the competition.
- ★ The infield is not to be used for warm-ups.
- ★ **ONLY ATHLETES AND OFFICIALS ARE PERMITTED IN THE COMPETITION AREAS.**

FRIDAY – JULY 25, 2025 | TRACK EVENTS

| Time | Event | Age Group |
|--------|--------------------|---------------------------|
| 5:45pm | 60m Heats | 2014-2016 Female and Male |
| 6:45pm | 2000m Timed Finals | 2012 Female and Male |
| 7:12pm | 300m Timed Finals | 2012-2013 Female and Male |
| 7:30pm | 60m Finals | 2014-2016 Female and Male |
| 8:00pm | AWARDS | |

FRIDAY – JULY 25, 2025 | FIELD EVENTS

| Time | Event | Age group |
|--------|---------------|-----------------------------|
| 5:00pm | Pole Vault | 2012 Female and 2012 Male |
| | Long Jump | 2013 Male |
| | Shot Put | 2016 Female |
| | Hammer | 2013 Female and 2012 Female |
| | Javelin | 2014 Female |
| 6:30pm | Shot Put | 2015 Male |
| | Hammer Throw | 2012 Male and 2011 Male |
| | Long Jump | 2012 Female and 2011 Female |
| 6:45pm | Javelin | 2014 Male |
| 8:00pm | AWARDS | |

TENTATIVE SCHEDULE OF EVENTS**SATURDAY – JULY 26, 2025 | TRACK EVENTS**

| Time | Event | Age Group |
|----------|---------------------|---------------------------|
| 10:00 am | 80m Hurdles Heats | 2012-2013 Female and Male |
| 10:30 am | 60m Hurdles Heats | 2014-2016 Female and Male |
| 11:15 am | 800m Timed Finals | 2012-2013 Female and Male |
| 11:50 am | 600m Timed Finals | 2014-2016 Female and Male |
| 1:00 pm | 100m Heats | 2012 Female and Male |
| 1:15 pm | 100m Heats | 2013 Female and Male |
| 1:30 pm | 100m Heats | 2014 Female and Male |
| 1:45 pm | 100m Heats | 2015 Female and Male |
| 2:00 pm | 100m Heats | 2015 Female and Male |
| 2:15 pm | AWARDS | |
| | Track Rascal Events | |
| 3:15 pm | 80m Hurdles Finals | 2012-2013 Female and Male |
| 3:35 pm | 60m Hurdles Finals | 2014-2016 Female and Male |
| 3:50 pm` | 100m Finals | 2012-2016 Female and Male |
| 4:15 pm | 4 X 100m Relays | 2012-2016 Female and Male |
| 4:30pm | AWARDS | |

SATURDAY – JULY 26, 2025 | FIELD EVENTS

| Time | Event | Age Group |
|----------|-----------|---------------------------|
| 9:30am | Javelin | 2012 Female |
| | Discus | 2013 Female |
| | Shot Put | 2013 Male |
| | High Jump | 2015 Male and 2015 Female |
| | Long Jump | 2014 Female |
| 10:45 am | Shot Put | 2012 Male |
| 11:00 am | Discus | 2013 Male |
| 11:15 am | High Jump | 2016 Male and 2016 Female |
| 11:45 am | Shot Put | 2014 Female |

TENTATIVE SCHEDULE OF EVENTS



SATURDAY – JULY 26, 2025 (cont'd) | FIELD EVENTS

| Time | Event | Age Group |
|----------|---------------|---------------------------|
| 11:45 am | Javelin | 2012 Male |
| 12:30 pm | Triple Jump | 2012 Female |
| | Discus | 2014 Male |
| 12:45 pm | High Jump | 2013 Male and 2013 Female |
| 1:30 pm | Javelin | 2013 Female |
| 1:45 pm | Triple Jump | 2012 Male |
| | Shot Put | 2012 Female |
| 2:00 pm | Discus | 2015 Female |
| 2:15 pm | Long Jump | 2015 Male |
| 3:00 pm | Javelin | 2014 Male |
| 4:30 pm | AWARDS | |

TENTATIVE SCHEDULE OF EVENTS**SUNDAY – JULY 17 | TRACK EVENTS**

| Time | Event | Age Group |
|----------|-----------------------------|----------------------------|
| 10:00 am | 200m Timed Finals | 2012-2014 Female and Male |
| 11:00 am | 1000m Timed Finals | 2014-2016 Female and Male |
| 11:30 am | 1200m Timed Finals | 2012-2013 Female and Male |
| 12:00 pm | 1500m Racewalk Timed Finals | 2012 Female and Male |
| 12:20pm | 800m Racewalk Timed Finals | 2013-2016 Female and Male |
| 12:30 pm | 200m Hurdles Timed Finals | 2012- 2013 Female and Male |
| 2:15 pm | Medley Relay Timed Finals | 2012- 2014 Female and Male |
| 2:30pm | AWARDS | |

SUNDAY – JULY 27, 2025 | FIELD EVENTS

| Time | Event | Age Group |
|----------|-----------|---------------------------|
| 9:30 am | Discus | 2015 Male |
| | Shot Put | 2015 Female |
| | Javelin | 2014 Female |
| | Long Jump | 2016 Female |
| | High Jump | 2014 Female and Male |
| 10:30am | Shot put | 2014 Male |
| 10:45 am | Discus | 2014 Female |
| 11:15 am | Long Jump | 2015 Female |
| 11:30 am | Shot Put | 2015 Male |
| | Long Jump | 2014 Male |
| | High Jump | 2012 Female and 2012 Male |
| 11:45 am | Javelin | 2013 Male |
| 12:00 pm | Discus | 2012 Male |
| 1:00 pm | Shot Put | 2013 Female |
| | Long Jump | 2012 Male and 2016 Male |
| 1:45 pm | Discus | 2012 Female |
| | AWARDS | |