

2025 T&F Meet Schedule

Event Times will NOT start earlier than scheduled.

8:30 am - High Jump Men

- Youngest to Oldest: 8&U → 80+
- 3 Jumps per attempted height

8:30 am - Pole Vault Men & Women

- Men will begin at 8:30 am followed by the Women
- (Men) All Ages then (Women) All Ages
- No limit in Jumps unless the athlete fails three jumps in a row.

9:00 am - Long Jump & Triple Jump Men's & Women's

- Triple jump will begin after the completion of the Long jump
- Pit 1 (Women) - Youngest to Oldest: 8U → 80+
- Pit 2 (Men) - Youngest to Oldest: 8U → 80+

10:30 am - TRACK EVENTS BEGIN:

One Mile Race Walk

4 x 100 Meters Relay (exhibition)

100 Meters

One Mile Run

400 Meters

800 Meters

200 Meters

Two Mile Run

4X400 Mixed Relay (exhibition)

10:30 am - Javelin & Turbo Jav - Women

- Youngest to Oldest 6&U → 80+

10:30 am - Shot Put - Men

- Oldest to Youngest: 80+ → 8U

10:30 am – Discus - Women

- Oldest to Youngest: 80+ → 8U

11:00 am - High Jump Women

- 3 Jumps per attempted height
- Youngest to Oldest: 8&U → 80+

12:30 am - Javelin & Turbo Jav Men

- Youngest to Oldest: 6&U → 80+

12:30 am - Shot Put Women

- Oldest to Youngest: 80+ → 8U

12:30 am - Discus Men

- Oldest to Youngest: 80+ → 8U

