



# 2025 Outdoor Championship and Pentathlon Schedule



## Running Events Schedule

- 9:00 AM – 110 Meter Hurdles – HS Boys Pentathlon
- 9:15 AM – 100 Meter Hurdles – HS Girls Pentathlon
- 9:30 AM – 100 Meters – Championship Girls
- 9:45 AM – 100 Meters – Championship Boys
- 10:00 AM – 800 Meters – Championship Girls
- 10:15 AM – 800 Meters – Championship Boys
- 10:30 AM – 100 Meter Hurdles – Championship Girls
- 11:15 AM – 110 Meter Hurdles – TRACK GUY SHOWCASE EVENT**
- 11:15 AM – 100 Meter Hurdles – MS Boys Pentathlon
- 11:30 AM – 100 Meter Hurdles – MS Girls Pentathlon
- 12:15 PM – 400 Meter Hurdles – Championship Girls
- 12:30 PM – 400 Meter Hurdles – Championship Boys
- 12:45 PM – 200 Meters – Championship Girls
- 1:00 PM – 200 Meters – Championship Boys
- 1:15 PM – 800 Meters – HS Boys Pentathlon
- 1:30 PM – 800 Meters – HS Girls Pentathlon
- 2:15 PM – 400 Meters – MS Boys Pentathlon
- 2:30 PM – 400 Meters – MS Girls Pentathlon

## Field Events Schedule

### Boys

- 12:00 PM – Discus – Championship Boys
- 12:45 PM – High Jump – Championship Boys (Mat 2)
- 12:45 PM – Long Jump – Championship Boys (Pit 2)
- 1:30 PM – Shot Put – Championship Boys (Ring 1)



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## Girls

12:00 PM – High Jump – Championship Girls (Mat 2)

11:15 AM – Long Jump – TRACK GUY SHOWCASE EVENT (Pit 2)

12:45 PM – Discus – Championship Girls

1:30 PM – Shot Put – Championship Girls (Ring 2)

## Pentathlon Rotations

### High School Boys

9:00 AM – 110 Hurdles

9:30 AM – High Jump (Mat 2)

10:45 AM – Long Jump (Pit 1)

11:30 AM – Shot Put (Ring 1)

12:45 PM – 800 Meters

### High School Girls

9:30 AM – 100 Hurdles

10:00 AM – High Jump (Mat 1)

11:00 AM – Long Jump (Pit 1)

12:00 PM – Shot Put (Ring 2)

1:00 PM – 800 Meters

### Middle School Boys

10:00 AM – Shot Put (Ring 1)

11:15 AM – 100 Hurdles

12:00 PM – High Jump (Mat 1)

1:15 PM – Long Jump (Pit 2)

2:15 PM – 400 Meters

### Middle School Girls

10:15 AM – Shot Put (Ring 2)

11:30 AM – 100 Hurdles

12:00 PM – Long Jump (Pit 1)

1:15 PM – High Jump (Mat 1)

2:30 PM – 400 Meters