

# REFUEL WITH CHOCOLATE MILK OFFICIALS HALL OF FAME INVITATIONAL - 2025 SATURDAY EVENTS

<u>Time</u>	<u>Division</u>	Event	<b>Entries</b>	Sections
8:55 AM	Varsity Gold	Girls 2 Mile Run - Heat 1 (Slow to Fast) (12:36+/NT)	21	1
9:10 AM	Varsity Gold	Girls 2 Mile Run - Heat 2 (Slow to Fast) (11:55-12:36)	19	1
9:24 AM	Varsity Gold	Girls 2 Mile Run - Heat 3 (Slow to Fast) (Sub 11:55)	17	1
9:38 AM	Varsity Gold	Boys 2 Mile Run - Heat 1 (Slow to Fast) (11:25+/NT)	24	1
9:51 AM	Varsity Gold	Boys 2 Mile Run - Heat 2 (Slow to Fast) (10:50-11:25)	22	1
10:04 AM	Varsity Gold	Boys 2 Mile Run - Heat 3 (Slow to Fast) (10:30-10:50)	21	1
10:16 AM	Varsity Gold	Boys 2 Mile Run - Heat 4 (Slow to Fast) (10:10-10:30)	20	1
10:28 AM	Varsity Gold	Boys 2 Mile Run - Heat 5 (Slow to Fast) (9:53-10:10)	20	1
10:40 AM	Varsity Gold	Boys 2 Mile Run - Heat 6 (Slow to Fast) (Sub 9:52)	16	1
10:52 AM	Unattached	Boys 1 Mile Run (Maybe Combined)	10	1
11:00 AM	Unattached	Girls 1 Mile Run (Maybe Combined)	6	1
11:08 AM	Varsity Gold	Girls 4x200m Relay - Trials	58	10
11:38 AM	Varsity Gold	Boys 4x200m Relay - Trials	58	10
12:03 PM	Unattached	Girls 55m Dash - Final	8	1
12:05 PM	Unattached	Boys 55m Dash - Final	8	1
12:05 PM	Invitational	Girls 1500m Race Walk Invitational - Limit 4 Per Team	12	1
12:17 PM	Invitational	Boys 1 Mile Run (Heat 1)	11	1
12:23 PM		Opening Ceremony		
12:38 PM	Invitational	Boys 500m Dash	10	2
12:44 PM	Invitational	Girls 500m Dash	11	2
12:50 PM	Invitational	Boys 1 Mile Run (Fastest - Heat 2)	12	1
12:58 PM	Varsity Gold	Girls 55m Hurdles Varsity - Final	8	1
1:03 PM	Varsity Gold	Boys 55m Hurdles Varsity - Final	8	1
1:08 PM	Varsity Gold	Girls 55m Dash - Final	8	1
1:12 PM	Varsity Gold	Boys 55m Dash - Final	8	1
1:16 PM	Invitational	Girls 1 Mile (Slow to Fast)	27	2
1:32 PM	Varsity Gold	Girls 4x200m Relay - Finals	6	1
1:37 PM	Varsity Gold	Boys 4x200m Relay - Finals	6	1
1:42 PM	Varsity Gold	Girls Distance Medley Relay	11	1
1:55 PM	Varsity Gold	Boys Distance Medley Relay	12	1
2:10 PM	Varsity Gold	Girls 1000m Run (Sub 3:18)	50	3
2:23 PM	Varsity Silver	Girls 1000m Run (3:18+)	121	6
2:50 PM	Unattached	Girls 1000m Run	10	1
2:55 PM	Varsity Gold	Boys 1000m Run (Sub 2:47)	50	3
3:08 PM	Varsity Silver	Boys 1000m Run (2:47+)	138	7
3:40 PM	Unattached	Boys 1000m Run	25	2
3:49 PM	Varsity Gold	Girls 300m Dash (Pre-Seeded) (Sub 43.98)	50	10
3:59 PM	Varsity Silver	Girls 300m Dash (44.00 - 49.00)	132	22
4:15 PM	Varsity Bronze	Girls 300m Dash (49.00+/NT)	139	23
4:32 PM	Unattached	Girls 300m Dash	45	8
4:38 PM	Varsity Gold	Boys 300m Dash (Pre-Seeded) (Sub 37.75)	50	10
4:48 PM	Varsity Silver	Boys 300m Dash (37.79 - 41.15)	121	21
5:04 PM	Varsity Bronze	Boys 300m Dash (41.15+/NT)	121	21
5:20 PM	Unattached	Boys 300m Dash	75	13
5:30 PM	Varsity Gold	Girls 600m Run	48	5
5:42 PM	Varsity Silver	Girls 600m Run	73	6
5:57 PM	Unattached	Girls 600m Run	6	1
6:00 PM	Varsity Gold	Boys 600m Run	48	5
6:12 PM	Varsity Silver	Boys 600m Run	57	5



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<u>Time</u>	<u>Division</u>	<u>Event</u>	<b>Entries</b>	<u>Sections</u>
6:25 PM	Unattached	Boys 600m Run	27	2
6:30 PM	Varsity Gold	Girls 1600 SMR (4-2-2-8)	17	3
6:47 PM	Varsity Gold	Boys 1600 SMR (4-2-2-8)	15	2
6:57 PM	Varsity Gold	Girls 4x800m Relay	5	1
7:08 PM	Varsity Gold	Boys 4x800m Relay	15	1
7:19 PM	Varsity Gold	Girls 4x400m Relay	3	1
7:25 PM	Varsity Gold	Boys 4x400m Relay	9	2
7:35 PM	,	Done		
8:55 AM	Varsity Gold	Girls 4x55m Shuttle Hurdle	6	2
9:01 AM	Varsity Gold	Boys 4x55m Shuttle Hurdle	10	3
9:10 AM	Varsity Gold	Boys 55m Hurdles - Trials	73	10
9:30 AM	Varsity Gold	Girls 55m Hurdles - Trials	49	7
9:44 AM	Varsity Gold	Boys 55m Dash - Trials	89	10
9:54 AM	Varsity Gold	Girls 55m Dash - Trials	90	10
10:05 AM	Varsity Silver	Boys 55m Dash	105	12
10:18 AM	Varsity Silver	Girls 55m Dash	93	11
10:10 AM	Unattached	Boys 55m Dash - Trials	32	4
10:34 AM	Unattached			4
10.34 AW	Unattached	Girls 55m Dash - Trials	31	4
		Finals Listed in Schedule Above		
9:00 AM	Varsity Gold	Boys Long Jump - Flight 1	15	
9:00 AM	Unattached	Boys Long Jump (W/ Flight 1 of Varsity) - Three Attempts	8	1
10:07 AM	Varsity Gold	Boys Long Jump - Flight 2	15	1
10:56 AM	Varsity Gold	Boys Long Jump - Flight 3	15	1
11:45 AM	Varsity Gold	Boys Long Jump - Flight 4	15	1
12:34 PM	Varsity Gold	Boys Long Jump - Flight 5	15	1
1:23 PM	Varsity Gold	Boys Long Jump - Final	8	1
1:42 PM		Done		
0.00.414		8:1.1	40	
9:00 AM	Varsity Gold	Girls Long Jump - Flight 1	18	4
9:00 AM	Unattached	Girls Long Jump (W/ Flight 1 of Varsity) - Three Attempts	3 16	1 1
10:03 AM 11:01 AM	Varsity Gold Varsity Gold	Girls Long Jump - Flight 2 Girls Long Jump - Flight 3	16	1
12:30 PM	Varsity Gold	Girls Long Jump - Final	8	1
1:26 PM	varsity colu	Done	O	•
0		20.0		
3:00 PM	Varsity Gold	Boys Triple Jump - Flight 1	16	1
3:51 PM	Varsity Gold	Boys Triple Jump - Flight 2	16	1
4:42 PM	Varsity Gold	Boys Triple Jump - Flight 3	16	1
5:34 PM	Varsity Gold	Boys Triple Jump - Final	8	1
5:52 PM		Done		
3:00 PM	Varsity Gold	Girls Triple Jump - Flight 1	17	1
3:53 PM	Varsity Gold	Girls Triple Jump - Flight 2	17	1
4:47 PM	Varsity Gold	Girls Triple Jump - Final	8	1
5:06 PM		Done		



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<u>Time</u>	<b>Division</b>	<u>Event</u>	<b>Entries</b>	<u>Sections</u>	
9:00 AM	Varsity Gold	Boys Pole Vault	17	9', 10', 11', Up 6"	
3:00 PM	Varsity Gold	Girls Pole Vault	18	7', 8', 9', Up 6"	
2:00 PM	Varsity Gold	Boys High Jump	20	5'6", 5'9", 6', Up 2"	
2:00 PM	Varsity Gold	Girls High Jump	23	4'7", 4'10", 5'1", Up 2"	
After	Novice	Boys High Jump	18	4'7", 4'10", 5'1", Up 2"	
After	Novice	Girls High Jump	22	4', 4'3", 4'6", Up 2"	

### **THROWING CAGE**

Flights are seeded worst to best - higher number equals better throwers

Check results.armorytrack.com for flight assignments
First throw measured - after that must be over minimum
Only the top 2 boys & 2 girls flights are eligible for SP finals

### **CIRCLE ONE - MAIN**

<u>Time</u>		Event (Flight)	Entries	<u>Flights</u>	Minimum
9:00 AM	Unattached	Boys & Girls Shot Put - Three Attempts	12	1	
9:42 AM	Varsity Gold	Boys Shot Put - Flight 4	20	1	
10:42 AM	Varsity Gold	Boys Shot Put - Flight 5	18	1	
11:38 AM	Varsity Gold	Boys Shot Put - Final	8	1	
12:11 PM	Varsity Gold	Girls Shot Put - Flight 6	18	1	
1:07 PM	Varsity Gold	Girls Shot Put - Final	8	1	
1:51 PM	Varsity Gold	Boys Weight Throw - Flight 1	20	1	
2:51 PM	Varsity Gold	Boys Weight Throw - Flight 2	20	1	
3:52 PM	Varsity Gold	Boys Weight Throw - Final	8	1	
4:25 PM	Varsity Gold	Girls Weight Throw - Flight 1	16	1	
5:16 PM	Varsity Gold	Girls Weight Throw - Flight 2	15	1	
6:05 PM	Varsity Gold	Girls Weight Throw - Final	8	1	
6:24 PM		Done			
		CIRCLE TWO - BACK UP			
9:00 AM	Varsity Gold	Boys Shot Put - Flight 1	18	1	
9:56 AM	Varsity Gold	Girls Shot Put - Flight 1	20	1	
10:56 AM	Varsity Gold	Girls Shot Put - Flight 2	20	1	
11:57 AM	Varsity Gold	Girls Shot Put - Flight 3	18	1	
12:39 PM		Done			