



OSU High Performance – Final Event Schedule

Session 1 – Friday, May 2, 2025

Field Events:

10:00 AM	Hammer Throw (Women Followed by Men)
10:00 AM	Pole Vault (Men Followed by Women)
10:00 AM	Discus Throw (Men Followed by Women)
11:30 AM	Long Jump North Runway Women
11:30 AM	Long Jump South Runway Men

Session 2 – Friday, May 2, 2025

Track Events: Sprint Events – Run FAST to SLOW

***2:30 PM = Cutoff for Women in the 200m to Check In (2:40p – 200m Women Sections Posted)**

***2:50 PM = Cutoff for Men in the 200m to Check in (3:00p – 200m Men Sections Posted)**

2:30 PM	400m Hurdles Women – Section 1
2:34 PM	400m Hurdles Women -Section 2
2:38 PM	400m Hurdles Women – Section 3
2:50 PM	400m Hurdles Men – Section 1
2:53 PM	400m Hurdles Men – Section 2
2:56 PM	400m Hurdles Men – Section 3
3:05 PM	200m Women - # of Sections TBD
3:35 PM	200m Men – # of Sections TBD

Session 3: Friday, May 2, 2025

DISTANCE CARNIVAL SCHEDULE – DISTANCE EVENTS RUN SLOW to FAST

4:20 PM	5000m Men – Open Section 1
4:40 PM	5000m Women – Open Section 1
5:05 PM	5000m Men – Open Section 2
5:25 PM	1500m Women – Open Section 1 – 1500m All Run Slow Section to Faster Sections
5:36 PM	1500m Men – Open Section 1
5:43 PM	1500m Women – Open Section 2
5:49 PM	1500m Men – Open Section 2
5:56 PM	1500m Women – Open Section 3
6:03 PM	1500m Men – Open Section 3
6:09 PM	1500m Women – Open Section 4
6:15 PM	1500m Men – Open Section 4
6:21 PM	1500m Women – Open Section 5
6:30 PM	800m – Middle School Challenge – Boys
6:34 PM	800m – Middle School Challenge - Girls
6:43 PM	1500m – Men – Open Section 5
6:50 PM	1500m – Women – Open 6
6:58 PM	1500m – Women – Invitational Section
7:07 PM	1500m – Men – Invitational Section
7:20 PM	Steeplechase – Men – Invitational
7:32 PM	Steeplechase – Men - Open

7:52 PM	Steeplechase – Women – Invitational
8:05 PM	Steeplechase – Women – Open
8:30 PM	5000m – Men – Invitational
8:47 PM	5000m – Women – Invitational
9:08 PM	10K – Men – Invitational
9:45 PM	10K – Women – Invitational

Saturday, May 3, 2025 – DAY TWO

Field Events:

11:00 AM	Women's Javelin North Runway to Hammer Field – Men To Follow
12:00 PM	High Jump – Women East Apron – Men To Follow
12:30 PM	Shot Put – Women – Men to Follow
1:00 PM	Triple Jump – Women – South Runway
1:00 PM	Triple Jump – Men – North Runway

Track Events:

1:10 PM	Frank Morris Recognition
1:30 PM	OSU Senior Recognition Ceremony
2:00 PM	4 x 100m – Women – 1 Section
2:05 PM	4 x 100m – Men – 1 Section
2:15 PM	800m – Men Invitational
2:20 PM	800m – Women Invitational
2:25 PM	800m – Men Sections – Waterfall Start
3:00 PM	800m – Women Sections – Waterfall Start
3:40 PM	100m Hurdles – 2 Sections
3:48 PM	110m Hurdles – 2 Sections
3:58 PM	400m – Women – Sections TBD
4:18 PM	400m – Men – Sections TBD
4:40 PM	100m – Women – Sections TBD
5:05 PM	100m – Men – Sections TBD
5:35 PM	4 x 400m – Women – 2 sections
5:45 PM	4 x 400m – Men – 1 section