

Middle School Championship Schedule 2025

Saturday, May 3rd – Independence High School

Morning Track Events

1600m Finals

8:00am – Boys 1600m Finals – 2 heats (Seed #13-24 then #1-12)

8:20am – Girls 1600m Finals – 2 heats (Seed #12-21 then #1-11)

Sprint Medley Relay Finals

8:40am – Boys SMR Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

8:50am – Girls SMR Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

9:00am - Award Presentation for 1600m and SMR Finals

100m Hurdles Prelims

9:00am – Boys 100m Hurdles Prelims – 3 heats (*serpentine order)

9:10am – Girls 100m Hurdles Prelims – 3 heats (*serpentine order)

100m Dash Prelims

9:20am – Boys 100m Dash Prelims – 3 heats (*serpentine order)

9:30am – Girls 100m Dash Prelims – 3 heats (*serpentine order)

400m Dash Finals

9:40am – Boys 400m Dash Finals – 3 heats (Seed #16-20, #10-15, #1-9)

9:50am – Girls 400m Dash Finals – 3 heats (Seed #17-22, #10-16, #1-9)

200m Dash Prelims

10:00am – Boys 200m Dash Prelims – 3 heats (*serpentine order)

10:10am – Girls 200m Dash Prelims – 3 heats (*serpentine order)

10:20am - Award Presentation for 400m, Boys Shot Put, Girls Discus, Boys Long Jump, Girls Triple Jump

***Prelim Seeding and Advancement**

In 100, 200, and Hurdles, there are prelims and then finals later in the day. Prelim running heats will be seeded in serpentine order. This year, we will be sending the Prelim Heat Winners (3 Heats) plus the next 6 Fastest Times to the Finals. Nine (9) athletes will make the finals since we have a 9 lane track to run on. If we have fewer prelim heats due to the number of registrations for an event, we will go with the model below.

3 Heat Winners + Next 6 Fastest Times

2 Heat Winners + Next 7 Fastest Times

Afternoon Track Events

100m Hurdle Finals

12:15pm – Boys 100m Hurdle Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

12:23pm – Girls 100m Hurdle Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

4x100m Relay Finals

12:31pm – Boys 4x100m Relay Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

12:41pm – Girls 4x100m Relay Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

800m Run Boys Finals

12:51pm – Boys 800m Finals – 2 heats (Seed #13-24 then #1-12)

1:06pm – Award Presentation for 100m Hurdles, 4x100m Relay, Boys 800m

100m Dash Finals

1:16pm – Boys 100m Dash Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

1:24pm – Girls 100m Dash Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

800m Run Girls Finals

1:32pm – Girls 800m Finals – 2 heats (Seed #13-24 then #1-12)

1:47pm – Award Presentation for 100m Dash, Girls 800m Dash, Girls Shot Put, Boys Discus, Boys Triple Jump, and Girls Long Jump

200m Dash Finals

1:57pm – Boys 200m Dash Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

2:05pm – Girls 200m Dash Final – 1 heat (Top 9 – Prelim heat winners plus next 6 fastest)

4x400m Relay Finals

2:13pm – Boys 4x400m Relay Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

2:23pm – Girls 4x400m Relay Finals – 2 heats (split lower “slower” seeds, then higher “faster” seeds)

2:40pm – Award Presentation for 200m Dash, 4x400m Relay

2:50pm – Award Presentation for Team Titles

Field Event Schedule

Boys Long Jump – East Pit

7:30am-8:00am – Warmups for Boys Long Jump Prelims (warmups must be done before 8:00am start)

8:00am-9:30am – Boys Long Jump Prelims (Pit open for 120 minutes for all jumpers, Top 9 to finals)

9:30am-9:45am – Warmup for Boys Long Jump Finals (Top 9 from Prelims)

9:45am-10:15am – Boys Long Jump Finals (Top 9 from Prelims)

Girls Triple Jump – West Pit

7:30am-8:00am – Warmups for Girls Triple Jump Prelims (warmups must be done before 8:00am start)

8:00am-9:30am – Girls Triple Jump Prelims (Pit open for 120 minutes for all jumpers, Top 9 to finals)

9:30am-9:45am – Warmup for Girls Triple Jump Finals (Top 9 from Prelims)

9:45am-10:15am – Girls Triple Jump Finals (Top 9 from Prelims)

Boys Shot Put

7:30am-8:00am – Warmups for Boys Shot Put Prelims (warmups must be done before 8:00am start)

8:00am-9:30am – Boys Shot Put Prelims (Ring open for 120 minutes for all throwers, Top 9 to finals)

9:30am-9:45am – Warmup for Boys Shot Put Finals (Top 9 from Prelims)

9:45am-10:15am – Boys Shot Put Finals (Top 9 from Prelims)

Girls Discus

7:30am-8:00am – Warmups for Girls Discus Prelims (warmups must be done before 8:00am start)

8:00am-9:30am – Girls Discus Prelims (Ring open for 120 minutes for all throwers, Top 9 to finals)

9:30am-9:45am – Warmup for Girls Discus Finals (Top 9 from Prelims)

9:45am-10:15am – Girls Discus Finals (Top 9 from Prelims)

Girls Long Jump – East Pit

11:00am-11:30am – Warmups for Girls Long Jump Prelims (warmups must be done before 11:30am start)

11:30am-1:00pm – Girls Long Jump Prelims (Pit open for 120 minutes for all jumpers, Top 9 to finals)

1:00pm-1:15pm – Warmup for Girls Long Jump Finals (Top 9 from Prelims)

1:15pm-1:45pm – Girls Long Jump Finals (Top 9 from Prelims)

Boys Triple Jump – West Pit

11:00am-11:30am – Warmups for Boys Triple Jump Prelims (warmups must be done before 11:30am start)

11:30am-1:00pm – Boys Triple Jump (Pit will be open for 120 minutes for all jumpers, Top 9 make finals)

1:00pm-1:15pm – Warmup for Boys Triple Jump Finals (Top 9 from Prelims)

1:15pm-1:45pm – Boys Triple Jump Finals (Top 9 from Prelims)

Girls Shot Put

11:00am-11:30am – Warmups for Girls Shot Put Prelims (warmups must be done before 11:30am start)

11:30am-1:00pm – Girls Shot Put (Ring open for 120 minutes for all throwers, Top 9 to finals)

1:00pm-1:15pm – Warmups for Girls Shot Put Finals (Top 9 from Prelims)

1:15pm-1:45pm – Girls Shot Put Finals (Top 9 from Prelims)

Boys Discus

11:00am-11:30am – Warmups for Boys Discus Prelims (warmups must be done before 11:30am start)

11:30am-1:00pm – Boys Discus Prelims (Ring open for 120 minutes for all throwers, Top 9 to finals)

1:00pm-1:15pm – Warmups for Boys Discus Finals (Top 9 from Prelims)

1:15pm-1:45pm – Boys Discus Finals (Top 9 from Prelims)

***All preliminary field events will have an open pit or ring available for the full 90 minutes. Athletes may remain at the event or move between field and track events as needed. If an athlete leaves the field event with the intention of returning for additional attempts, they must check out with the event official. The top 9 marks from the prelims will advance to the finals.**