

# TENTATIVE SCHEDULE

Friday, April 18, 2025

Field Events	Running Events
12:00pm M Hammer	12:00pm W 200m
2:00pm W Long Jump <b>INVITE</b>	12:20pm M 200m
2:00pm M High Jump	12:45pm W 400m Hurdles
2:00pm M Pole Vault	1:00pm M 400m Hurdles
3:00pm M Long Jump <b>INVITE</b>	
2:00pm W Hammer	5:00pm W 200m <b>INVITE</b>
3:45pm M Javelin	5:20pm W 200m (OD)
5:00pm W Long Jump	5:40pm M 200m <b>INVITE</b>
5:30pm M Pole Vault <b>INVITE</b>	6:00pm M 200m (OD)
5:15pm W Javelin	6:25pm W 400m Hurdles <b>INVITE</b>
6:30pm M Shot Put <b>INVITE</b>	6:45pm M 400m Hurdles <b>INVITE</b>
6:30pm M High Jump <b>INVITE</b>	7:10pm W Steeple
7:00pm M Long Jump	7:25pm M Steeple
7:30pm W Shot Put <b>INVITE</b>	7:40pm W 1500m
	8:10pm M 1500m
	8:40pm W 5K
	9:00pm M 5K

Saturday, April 19, 2025

Field Events	Running Events
9:00am W Discus (outside)	9:30am W 100m Hurdles (F) Homestretch
9:00am M Discus (inside)	9:30am M 110m Hurdles (F) Back stretch
10:00am W Pole Vault	9:45am W 100m (F)
11:00pm M Hammer <b>INVITE</b>	9:45am M 100m (F)
11:30am W Triple Jump	10:00am W 400m
11:30am M Triple Jump	10:15am M 400m
12:00pm W High Jump	10:30am W 800m
12:15pm W Hammer <b>INVITE</b>	10:45am M 800m
1:30pm M Discus (inside) <b>INVITE</b>	12:00pm W 100m Hurdles(P) <b>INVITE</b>
2:30pm W Pole Vault <b>INVITE</b>	12:00pm M 110m Hurdles(P) <b>INVITE</b>
2:45pm W Discus <b>INVITE</b>	12:15pm W 100m Hurdles (OD) (P)
3:00pm M Shot Put	12:15pm M 110m Hurdles (OD) (P)
3:30pm W Triple Jump <b>INVITE</b>	1:30pm W 4x100
3:30pm M Triple Jump <b>INVITE</b>	1:45pm M 4x100
4:00pm W High Jump <b>INVITE</b>	2:00pm W 800m <b>INVITE</b>
4:00pm W Shot Put	2:25pm M 800m <b>INVITE</b>
	3:00pm W 100m Hurdles (F) <b>INVITE</b>
	3:05pm W 100m Hurdles (OD) (F)
	3:10pm M 110m Hurdles (F) <b>INVITE</b>
	3:15pm M 110m Hurdles (OD) (F)
	3:20pm W 400m Invite
	3:35pm W 400m (OD)
	3:50pm M 400m Invite
	4:10pm M 400m (OD)
	4:30pm W 100m <b>INVITE</b>
	4:55pm W 100m (OD)
	5:10pm M 100m <b>INVITE</b>
	5:35pm M 100m (OD)
	5:50pm W 3K
	M 3k
	6:10pm W 4x400
	6:40pm M 4x400

