

# BATTLE AT THE BEACH

[Jack Rose Track](#) • Long Beach State University



**Friday, April 4, 2025**

*(Final Schedule as of April 2, 2025)*

Time	Field Events	Location	Flights
10:00 a.m.	Men's Hammer Throw	North Ring-Outfield	1 flight
10:15 a.m.	Women's Javelin	North Runway	1 flight
11:30 a.m.	Men's Javelin	South Runway	1 flight
11:45 a.m.	Women's Hammer	North Ring-Outfield	1 flight
12:00 p.m.	Women's Long Jump	East Runway	2 flights
12:15 p.m.	Men's Long Jump	West Runway	1 flight
12:30 p.m.	Men's Pole Vault	West Runway	1 flight
01:00 p.m.	Men's Shot Put	West Ring	1 flight
01:15 p.m.	Women's Discus	Infield	1 flight
01:30 p.m.	Men's High Jump	East Pit	1 flight
02:15 p.m.	Women's Pole Vault	East Runway	1 flight
02:30 p.m.	Women's Triple Jump	East Runway	1 flight
02:40 p.m.	Men's Discus	Infield	1 flight
02:45 p.m.	Men's Triple Jump	West Runway	1 flight
03:00 p.m.	Women's Shot Put	West Ring	1 flight
03:15 p.m.	Women's High Jump	East Pit	1 flight

Start	Track Events	Heats
12:10 p.m.	<b>NATIONAL ANTHEM</b>	
12:15 p.m.	Women's 3,000 Meter Steeple Chase	1 heat
12:30 p.m.	Women's 4x100 Meter Relay	1 heat
12:35 p.m.	Men's 4x100 Meter Relay	1 heat
12:40 p.m.	Women's 1500 Meters	1 heat
12:50 p.m.	Men's 1500 Meters	1 heat
01:00 p.m.	Women's 100 Meter Hurdles	2 heats
01:15 p.m.	Men's 110 Meter Hurdles	1 heat
01:25 p.m.	Women's 400 Meters	1 heat
01:35 p.m.	Men's 400 Meters	2 heats
01:45 p.m.	Women's 100 Meters	3 heats
02:00 p.m.	Men's 100 Meters	3 heats
02:15 p.m.	Women's 800 Meters	1 heats
02:20 p.m.	Men's 800 Meters	2 heats
02:30 p.m.	Women's 400 Meter Hurdles	2 heats
02:40 p.m.	Men's 400 Meter Int. Hurdles	1 heat
02:55 p.m.	Women's 200 Meters	4 heats
03:10 p.m.	Men's 200 Meters	3 heats
03:20 p.m.	Women's 3,000 Meters	1 heat
03:35 p.m.	Men's 3,000 Meters	1 heat
03:50 p.m.	Women's 4x400 Meter Relay	1 heat
03:55 p.m.	Men's 4x400 Meter Relay	1 heat