

# Southern Sprints 2025

## Event Schedule

Time	Event #	Description	Time	Event #	Description
9:00 AM	1	Master Men 30-39 LtWt	12:45 PM	46 (Heat 2)	HS Novice Men
9:00 AM	2	Master Men 40-49 LtWt	1:00 PM	40 (Heat 2)	HS Men
9:00 AM	3	Master Men 30-39	1:15 PM	40 (Heat 3)	HS Men
9:00 AM	4	Master Men 40-49	1:30 PM	39 (Heat 1)	HS Women
9:00 AM	5	Veteran Men 50+	1:45 PM	39 (Heat 2)	HS Women
9:00 AM	6	Master Women 30-39 LtWt	2:00 PM	39 (Heat 3)	HS Women
9:00 AM	7	Master Women 40-49 LtWt	2:00 PM	47 (Heat 1)	J15 Women
9:00 AM	8	Master Women 30-39	2:00 PM	48 (Heat 1)	J15 Men
9:00 AM	9	Master Women 40-49	2:15 PM	47 (Heat 2)	J15 Women
9:00 AM	10	Veteran Women 50+	2:15 PM	48 (Heat 2)	J15 Men
9:00 AM	80	Veteran Men 50+ LtWt	2:30 PM	73	Open Men 20 min
9:00 AM	81	Veteran Women 50+ LtWt	2:30 PM	74	Open Women 20 Min
9:15 AM	11	Girls Age 9	2:30 PM	201	Master Men 30-39 LtWt 1K
9:15 AM	12	Girls Age 10	2:30 PM	202	Master Men 40-49 LtWt 1K
9:15 AM	13	Girls Age 11	2:30 PM	203	Master Men 30-39 1K
9:15 AM	14	Girls Age 12	2:30 PM	204	Master Men 40-49 1K
9:15 AM	17	Boys Age 9	2:30 PM	205	Veteran Men 50+ 1K
9:15 AM	18	Boys Age 10	2:30 PM	206	Master Women 30-39 LtWt 1K
9:15 AM	19	Boys Age 11	2:30 PM	207	Master Women 40-49 LtWt 1K
9:15 AM	20	Boys Age 12	2:30 PM	208	Master Women 30-39 1K
9:35 AM	16 (Heat 1)	Girls 7th and 8th Grade	2:30 PM	209	Master Women 40-49 1K
9:50 AM	16 (Heat 2)	Girls 7th and 8th Grade	2:30 PM	210	Veteran Women 50+ 1K
9:50 AM	22 (Heat 1)	Boys 7th and 8th Grade	2:30 PM	211	Veteran Men 50+ LtWt 1K
10:05 AM	22 (Heat 2)	Boys 7th and 8th Grade	2:30 PM	212	Veteran Women 50+ LtWt 1K
10:20 AM	22 (Heat 3)	Boys 7th and 8th Grade	3:00 PM	53	HS Men's Relay
10:20 AM	27	Open Hvy Men 500m Dash	3:00 PM	54	HS Women's Relay
10:20 AM	28	Open Hvy Women 500m Dash	3:00 PM	55	HS LtWt Men's Relay
10:20 AM	29	Open LtWt Men 500m Dash	3:00 PM	56	HS LtWt Women's Relay
10:20 AM	30	Open LtWt Women 500m Dash	3:15 PM	57	Open/College LtWt Men
10:40 AM	31	HS Men Cox	3:15 PM	58	Open/College LtWt Women
10:40 AM	32	HS Women Cox	3:15 PM	59	Open/College Women
11:00 AM	42	HS Novice LtWt Men	3:15 PM	60	Open/College Men
11:15 AM	41 (Heat 1)	HS LtWt Men	3:15 PM	61	College Novice LtWt Women
11:15 AM	45	HS Novice LtWt Women	3:15 PM	62	College Novice LtWt Men
11:30 AM	41 (Heat 2)	HS LtWt Men	3:15 PM	63	College Novice Women
11:45 AM	79	HS Flyweight Men	3:15 PM	64	College Novice Men
12:00 PM	43	HS LtWt Women	3:40 PM	65	Open Women Relay
12:00 PM	44 (Heat 1)	HS Novice Women	3:40 PM	66	Open Men Relay
12:30 PM	44 (Heat 2)	HS Novice Women			
12:30 PM	46 (Heat 1)	HS Novice Men			
12:45 PM	40 (Heat 1)	HS Men			