



HORNET TRACK & FIELD

EMPORIA STATE RELAYS AND COMBINED EVENTS

Thurs-Sat., March 27-29, 2025

Final Schedule

Thursday, March 27

Combined Events

Time	Event	Gender
1:00 p.m.	Hep 100-Meter Hurdles	Women
1:30 p.m.	Dec 100-Meter Dash	Men
*1:55 p.m.	Hep High Jump	Women
*2:15 p.m.	Dec Long Jump	Men
*3:20 p.m.	Dec Shot Put	Men
*4:15 p.m.	Hep Shot Put	Women
*4:25 p.m.	Dec High Jump	Men
*5:20 p.m.	Hep 200-Meter Dash	Women
*6:15 p.m.	Dec 400-Meter Run	Men

Friday, March 28

Combined Events

Time	Event	Gender
10:00 a.m.	Dec 110-Meter Hurdles	Men
10:30 a.m.	Hep Long Jump	Women
*11:15 a.m.	Dec Discus	Men
*11:45 a.m.	Hep Javelin	Women
*12:45 p.m.	Dec Pole Vault	Men
*1:00 p.m.	Hep 800-Meter Run	Women
*3:15 p.m.	Dec Javelin	Men
*4:30 p.m.	Dec 1,500-Meter Run	Men

Field Events

Time	Event	Gender
3:00 p.m.	Discus	Men
3:30 p.m.	Hammer Throw	Women
3:30 p.m.	Pole Vault (Open)	Men
To follow M	Pole Vault (Open)	Women
3:30 p.m.	High Jump (Open)	Men

Track Events

5:00 p.m.	200-Meter Dash	Women
5:40 p.m.	200-Meter Dash	Men
6:35 p.m.	1,500-Meter Run	Women
7:05 p.m.	1,500-Meter Run	Men
7:35 p.m.	10,000-Meter Run	Men

Saturday, March 29

Field Events

Time	Event	Gender
11:00 a.m.	Discus	Women
11:00 a.m.	Hammer Throw	Men
11:00 a.m.	Long Jump	Women
11:00 a.m.	Long Jump	Men
11:00 a.m.	Pole Vault (Invite)	Women
	Pole Vault (Invite)	Men
11:00 a.m.	High Jump (Invite)	Women
	High Jump (Invite)	Men
11:00 a.m.	Javelin	Men
	Javelin	Women
Following LJ	Triple Jump	Men
	Triple Jump	Women
Following HT/D	Shot Put	Women
	Shot Put	Men

Track Events

12:00 p.m.	4x100-Meter Relay	Women
12:15 p.m.	4x100-Meter Relay	Men
12:35 p.m.	3,000-Meter Steeplechase	Women
12:55 p.m.	3,000-Meter Steeplechase	Men
1:15 p.m.	100-Meter Hurdles	Women
1:35 p.m.	110-Meter Hurdles	Men
1:50 p.m.	4x200-Meter Relay	Women
1:55 p.m.	400-Meter Run	Women
2:15 p.m.	400-Meter Run	Men
2:45 p.m.	100-Meter Dash	Women
3:05 p.m.	100-Meter Dash	Men
3:45 p.m.	800-Meter Run	Women
4:00 p.m.	800-Meter Run	Men
4:20 p.m.	400-Meter Hurdles	Women
4:35 p.m.	400-Meter Hurdles	Men
4:55 p.m.	5,000-Meter Run	Women
5:20 p.m.	5,000-Meter Run	Men
6:00 p.m.	4x400-Meter Relay	Women
6:10 p.m.	4x400-Meter Relay	Men