

2025 Jim Freeman / Clark Wood Open

FINAL Meet Schedule - Updated April 24, 2025 @ 7:00 PM

Friday April 25, 2025

Track Events		Jumping Events		Throwing Events	
Start Time	Event	Start Time	Event	Start Time	Event
3:00 PM	W 800	10:00 AM	W Long Jump Flight 1	9:00 AM	W Hammer Throw Flight 1
3:25 PM	M 800		W Long Jump Flight 2		W Hammer Throw Flight 2
3:50 PM	W 200		W Long Jump Flight 3		W Hammer Throw Finals
4:25 PM	M 200		W Long Jump Finals		
5:00 PM	W 400 Hurdles	3:00 PM	M Long Jump Flight 1	12:15 PM	M Hammer Throw Flight 1
5:25 PM	M 400 Hurdles		M Long Jump Flight 2		M Hammer Throw Flight 2
5:45 PM	W 5000 (Slow to fast)		M Long Jump Flight 3		M Hammer Throw Finals
6:30 PM	M 5000 (Slow to fast)		M Long Jump Finals		
		10:30 AM	M Pole Vault Flight "C"	3:30 PM	W Javelin Flight 1
		2:00 PM	M Pole Vault Flight "A"		W Javelin Flight 2
		5:00 PM	M Pole Vault Flight "B"		W Javelin Finals
		10:00 AM	M High Jump Flight "B"	6:30 PM	M Javelin Flight 1
		1:00 PM	W High Jump Flight "B"		M Javelin Flight 2
					M Javelin Finals
				11:00 AM	M Shot Put Flight 1
					M Shot Put Flight 2
					M Shot Put Flight 3
					M Shot Put Final
				2:50 PM	M Invite Shot Put
				4:00 PM	W Invite Shot Put
				5:10 PM	W Shot Put Flight 1
					W Shot Put Flight 2
					W Shot Put Flight 3
					W Shot Put Final

Saturday April 26, 2025

Track Events		Jumping Events		Throwing Events	
Start Time	Event	Start Time	Event	Start Time	Event
1:00 PM	W 100m Hurdles	10:00 AM	M High Jump Flight "A"	9:00 AM	M Discus Flight 1
1:25 PM	M 110m Hurdles				
1:40 PM	W 3000m Steeplechase	12:15 PM	Heptathlon High Jump	10:10 AM	W Discus Flight 1
2:10 PM	M 3000m Steeplechase				W Discus Flight 2
2:30 PM	W 4 x 100m Relay	3:30 PM	W High Jump Flight "A"		W Discus Finals
2:40 PM	M 4 x 100m Relay			1:30 PM	W Invite Discus
2:50 PM	W 400	10:00 AM	W Pole Vault Flight "C"		
3:15 PM	M 400	1:00 PM	W Pole Vault Flight "A"	3:15 PM	M Invite Discus
3:40 PM	W 100m	4:30 PM	W Pole Vault Flight "B"		
4:15 PM	M 100m			5:00 PM	M Discus Flight 2
4:45 PM	W 1500m	11:00 AM	W Triple Jump Flight 1		M Discus Flight 3
5:20 PM	M 1500m		W Triple Jump Flight 2		M Discus Finals
5:50 PM	W 4 x 400m Relay		W Triple Jumps Finals		
6:10 PM	M 4 x 400m Relay	2:30 PM	W Invite Long Jump		
		4:00 PM	M Triple Jump Flight 1		
			M Triple Jump Flight 2		
			M Triple Jump Finals		

Heptathlon

Saturday		
11:30 AM		100 Hurdles
12:15 PM		High Jump
1:45 PM		Shot Put
2:35 PM		200
Sunday		
11:00 AM		Long Jump
12:10 PM		Javelin
1:15 PM		800