

2025 Schedule of Events

(Men, Followed Women, unless Noted)

Friday Track Events – April 25th

6:00 P.m. – Men's 10K

6:50 P.m.- Women's 10K

Friday Field Events- April 25th

12:30 P.m.- Men's Hammer

3:30 P.m.- Women's Hammer

Saturday Track Events- April 26th

10:00 A.m.- 5K M

10:30 A.m.- 5K W

11:00 A.m. – 110/100 Hurdles Trials

11:30 P.m.- 100 Trials

12:00 P.m.- 3K Steeplechase

12:30 P.m.- 4x100 Relay

12:50 P.m.- 1500

1:45 P.m.- 400

2:30 P.m.- 100/110 Hurdles Finals (W/M)

2:45 P.m.- 100 Finals

3:00 P.m.- 800

3:30 P.m.-400 Hurdles

4:15 P.m.- 200

5:00 P.m.- 3K

5:30 P.m.- 4x400 Relay

Saturday Field Events- April 26th

10:30 A.m.- Men's Discus/Women's Discus

11:00 A.m.- M Pole Vault/W PV to follow

11:30 A.m.- M Long Jump

11:30 A.m.- W Triple Jump

12:30 P.m.- M High Jump

1:00 P.m.- M Javelin/W Javelin to follow

2:00 P.m.- W Long Jump

2:00 P.m.- M Long Jump

2:00 P.m.- W High Jump

3:00 P.m.- M Shot Put

3:00 P.m.- W Shot Put

*We have multiple circles, so we have the capability to throw the Men's and Women's Discus and Shot Put at the same time.