

TRACK SCHEDULE

FRIDAY, JUNE 13, 2025

SATURDAY, JUNE 14, 2025

8:30am	<i>Coaches Meeting - Staging Tent</i>
	<i>(approx staging time)</i>
8:45am	1500m
9:00am	400m
	400m Walk
9:30am	25m
	25m Walk
10:00am	100m
	100m Walk
10:30am	4 x 100m (Trad.) Relay - PRELIMS
11:30am - 1:00pm	<i>Lunch & Healthy Athletes</i>
1:30pm	Shot Put
	Turbo Jav
	Standing Long Jump
	Tennis & Softball Throw
	Running Long Jump
4:00pm	OPENING CEREMONY
	<i>3:30pm Staging for Parade Begins</i>
5:30pm - 8:00pm	FAMILY BBQ
	<i>Dinner, Games & Music</i>

8:30am	<i>Coaches Meeting - Staging Tent</i>
	<i>(approx staging time)</i>
8:45am	3000m
	50m
	50m Walk
9:30 AM	200m
	800m
10:00am	4 x 100m (Trad.) Relay - FINALS
10:00am - 2:00pm	<i>Lunch & Healthy Athletes</i>

