

Highland Park Track Meet Line-Up
Conference Championships @ Central
Tuesday, May 13 & Thursday, May 15, 2025
4:00 field events, 5:00 running events
Bus LEAVES @ 2:30, dismissed from class at 2:10

Number of entries per event: 3 individuals / 1 relay

Entries due: Monday, May 12 @ 12pm

Link to Meet Info: [Tuesday](#) & [Thursday](#) | [Conference Finals Meet Program](#)

IB exam: Math A&A SL, Math A&I SL (starts at 12:10 on 5/15)

Event	Girls	Boys
4x800 THURSDAY	Adeline Lendway / Evie Beaumaster / Brooke Roberts / Alice Rapacz Alt: Bridget Kane, Zoe Moore	Kaliel Hefferan / Isaac Bergstrom / Jasper Foss / Noah Waln Alt: Luke Zimney, Cooper Foss (sub in if not in 800 finals)
100/110 HH	Yao Buchl Austin Bailey-Zimmerman Ari Kim	Emmett Riemenschneider Bryce Roffe Phoenix Jass
100	Ruby Anders Alexa Ramirez Dominique Trent	J'Vion Giles Daylen Wells Ben McLaughlin
4x200 THURSDAY	Ingrid Haaland / Alexa Ramirez / Damiya Payne / Lucy Warren Alt: Eva Owens, Athena Morstad-Ruiz	Ben McLaughlin / Colin Betts / Keelin Vang / Bryce Roffe Alt: Eric Reed, Phoenix Jass
1600 THURSDAY	Claire Vukovics Sam Palm Ruby Peterson	Jack Douglas Theo Hennum August Johnson
4x100 THURSDAY	Alexa Ramirez / Ruby Anders / Eva Owens / Dominique Trent Alt: Damiya Payne, Sasha Deans	Ben McLaughlin / Eric Reed / Keelin Vang / Colin Betts Alt: Phoenix Jass, London Rademacher
400	Ellie Moore Madeleine Klevay Athena Morstad-Ruiz	Daylen Wells J'Vion Giles Fanda Kriz
300 LH	Yao Buchl Austin Bailey-Zimmerman Ari Kim	Emmett Riemenschneider Bryce Roffe Phoenix Jass

800 THURSDAY	Ellie Moore Ingrid Haaland Zoe Moore	Noah Waln Luke Zimney Cooper Foss
200	Lucy Warren Ruby Anders Austin Bailey-Zimmerman	J'Vion Giles Daylen Wells Colin Betts
3200 TUESDAY	Claire Vukovics Alice Rapacz Ruby Peterson	Jack Douglas Theo Hennum August Johnson
4x400 THURSDAY	Ingrid Haaland / Claire Vukovics / Sam Palm / Madeleine Klevay Alt: Zoe Moore, Ruby Peterson, Ellie Moore	Emmett Riemenschneider / Luke Zimney / Noah Waln / Jack Douglas Alt: August Johnson, Cooper Foss, Theo Hennum, Isaac Bergstrom
High	TUESDAY Tatum Herrmann Ruby Anders Lizzy Martin	THURSDAY Fanda Kriz Eric Reed Luca Russell
Long	THURSDAY Lucy Warren Dominique Trent Athena Morstad-Ruiz	TUESDAY Eric Reed London Rademacher Luca Russell
Triple	TUESDAY Lucy Warren Yao Buchl Harper Franz	THURSDAY London Rademacher Fanda Kriz Phoenix Jass
Shot	THURSDAY Dominique Trent Sasha Deans Ingrid Birkeland	TUESDAY Jonah Wrigley Theo Wrigley Chris Crutchfield
Discus	TUESDAY Sasha Deans Harper Franz Candler Moore	THURSDAY Chris Crutchfield Jonah Wrigley Luca Russell

TUESDAY

4pm Field Events - Boys Long Jump, Girls High Jump, Boys Shot Put, Girls Triple Jump, and Girls Discus

*High jump will be contested on a "three-alive" format starting from the lowest to the highest.

- i) Prelims 4pm - 5pm
- ii) Finals 5pm - 6pm

5pm Running Events *meet will not run ahead of schedule

5:00 -- *100 Meter Hurdles - Girls' 3 heats

5:15 -- *110 Meter High Hurdles - Boys' 3 heats

5:30 -- *100 Meter Dash - Girls' 3 heats

5:40 -- *100 Meter Dash - Boys' 3 heats

5:50 -- 3200 Meter Run - Girls' Final

Girls Awards - High Jump

Girls Awards - 3200 meter runs

6:10 -- 3200 Meter Run - Boys' Final

Boys Awards - Long Jump

Boys Awards - Shot Put

Boys Awards - 3200 meter run

6:30 -- *400 Meter Dash - Girls' 3 heats

6:40 -- *400 Meter Dash - Boys' 3 heats

6:50 -- *300 Meter Low Hurdles - Girls' 3 heats

7:05 -- *300 Meter High Hurdles - Boys' 3 heats

***Break (Rest Time)**

7:40 -- *200 Meter Dash - Girls' 3 heats

7:50 -- *200 Meter Dash - Boys' 3 heats

THURSDAY

4pm Field Events - Girls Long Jump, Boys High Jump, Girls Shot Put, Boys Triple Jump, and Boys Discus

*High jump will be contested on a "three-alive" format starting from the lowest to the highest

- i) Prelims 4pm - 5pm
- ii) Finals 5pm - 6pm

5pm Running Events *meet will not run ahead of schedule

5:00 -- 4 x 800 Meter Relay - Girls

Girls Awards - 4x800

5:10 -- 4 X 800 Meter Relay - Boys

Boys Awards - 4x800

5:20 -- 100 Meter Low Hurdles - Girls

Girls Awards - 100 Hurdles

Girls Awards - Long Jump

Girls Awards - Shot Put

5:30 -- 110 Meter High Hurdles - Boys

Boys Awards - 110 Hurdles

Boys Awards - High Jump

5:40 -- 100 Meter Dash - Girls

Girls Awards - 100 Meter

5:50 -- 100 Meter Dash - Boys

Boys Awards - 100 Meter

6:00 -- 4 x 200 Meter Relay - Girls

Girls Awards - 4x200

6:10 -- 4x 200 Meter Relay - Boys

Boys Awards 4x200

6:20 -- 1600 Meter Run - Girls

Girls Awards - 1600

6:30 -- 1600 Meter Run - Boys

Boys Awards - 1600

6:40 -- 4 x 100 Meter Relay - Girls

Girls Awards - 4x100

Boys Awards - Discus

6:50 -- 4x100 Meter Relay - Boys

Boys Awards - 4x100

Boys Awards - Triple Jump

7:00 -- 400 Meter Dash - Girls

Girls Awards - 400

7:10 --- 400 Meter Dash - Boys

Boys Awards - 400

7:20 -- 300 Meter Low Hurdles - Girls

Girls Awards - 300 Hurdles

7:30 -- 300 Meter Intermediate Hurdles - Boys

Boys Awards - 300 Hurdles

7:40 -- 800 Meter Run - Girls (seeded final)

Girls Awards - 800

7:50 -- 800 Meter Run - Boys (seeded final)

Boys Awards - 800

8:00 -- 200 Meter Dash - Girls

Girls Awards - 200

8:10 -- 200 Meter Dash - Boys

Boys Awards - 200

8:30 -- 4x400 Meter Relay Girls

Girls Awards - 4x400

8:40 -- 4x400 Meter Relay Boys

Boys Awards - 4x400

8:45 -- Conference Champion Announced