

PROJECTED TIME SCHEDULE - 2025 USATF REGION 1 TRACK & FIELD CHAMPIONSHIP

***NOTE: WHERE SCHEDULE SHOWS BOYS & GIRLS ON SAME LINE, GIRLS WILL COMPETE FIRST FOLLOWED BY BOYS. HEATS / SECTIONS RUN SLOW TO FAST

***NOTE: THE SCHEDULE MAY MOVE AHEAD UP TO 15 MINS AFTER 1 PM EACH DAY

AS OF JULY 10th 4:30 PM

FRIDAY TRACK EVENTS				
1:00 p.m.	Boys	200 Meter Hurdles	Final	13-14
1:05 p.m.	Girls	200 Meter Hurdles	Final	13-14
1:10 p.m.	Girls	400 Meter Hurdles	Final	15-18
1:15 p.m.	Boys	400 Meter Hurdles	Final	15-18
1:25 p.m.	Boys & Girls	400 Meter Dash	Final	8 and Under
1:40 p.m.	Boys & Girls	400 Meter Dash	Final	9-10
1:55 p.m.	Boys & Girls	400 Meter Dash	Final	11-12
2:10 p.m.	Boys & Girls	400 Meter Dash	Final	13-14
3:00 p.m.	Boys & Girls	4 X 800 Meter Relay	Final	All
3:25 p.m.	Boys & Girls	3000 Meter	Final	11-12
3:50 p.m.	Boys & Girls	3000 Meter	Final	13-14
4:15 p.m.	Boys & Girls	3000 Meter	Final	15-18
4:30 p.m.	Boys & Girls	400 Meter Dash	Final	15-16
4:50 p.m.	Boys & Girls	400 Meter Dash	Final	17-18
5:10 p.m.	Boys & Girls	Mixed 4x400m Relay	Final	15-18
FRIDAY THROWING EVENTS				
10:00 a.m.	Boys	Hammer		17-18
12:00 p.m.	Boys	Hammer		15-16
2:00 p.m.	Girls	Hammer		17-18
3:30 p.m.	Girls	Hammer		15-16
1:00 p.m.	Boys	Discus		17-18
3:00 p.m.	Boys	Discus		15-16
10:00 a.m.	Girls	Mini Javelin	Contested on turf	8 and Under
11:00 a.m.	Girls	Mini Javelin	Contested on turf	9-10
12:00 p.m.	Boys	Mini Javelin	Contested on turf	8 and Under
1:00 p.m.	Boys	Mini Javelin	Contested on turf	9-10
2:00 p.m.	Girls	Aero Javelin	Contested on turf	11-12
3:15 p.m.	Boys	Aero Javelin	Contested on turf	11-12
10:00 a.m.	Girls	Shot Put		11-12
11:30 a.m.	Boys	Shot Put		11-12
1:00 p.m.	Girls	Shot Put		13-14
2:30 p.m.	Boys	Shot Put		13-14
FRIDAY JUMPING EVENTS				
10:00 a.m.	Girls	Pole Vault	Starting height 1.90m	All

1:00 p.m.	Boys	Pole Vault	Starting height 2.05m	All
11:00 a.m.	Girls	Triple Jump	Pit 1	13-14
	Boys	Triple Jump	Pit 2	13-14
12:30 p.m.	Girls	Triple Jump	Pit 1	15-16
	Boys	Triple Jump	Pit 2	15-16
2:30 p.m.	Girls	Triple Jump	Pit 1	17-18
	Boys	Triple Jump	Pit 2	17-18
12:30 p.m.	Girls & Boys	High Jump		9-10

SATURDAY RUNNING EVENTS				
10:00 a.m.	Boys & Girls	800 Meter	Final	8 and Under
10:10 a.m.	Boys & Girls	800 Meter	Final	9-10
10:25 a.m.	Boys & Girls	800 Meter	Final	11-12
10:40 a.m.	Boys & Girls	800 Meter	Final	13-14
10:55 a.m.	Boys & Girls	800 Meter	Final	15-16
11:05 a.m.	Boys & Girls	800 Meter	Final	17-18
11:20 a.m.	Boys	110 Meter Hurdles	Trials	15-16
11:30 a.m.	Boys	110 Meter Hurdles	Trials	17-18
11:40 a.m.	Boys	100 Meter Hurdles	Trials	13-14
11:50 a.m.	Girls	100 Meter Hurdles	Trials	13-14
12:00 p.m.	Girls	100 Meter Hurdles	Trials	15-16
12:10 p.m.	Girls	100 Meter Hurdles	Trials	17-18
12:20 p.m.	Girls	80 Meter Hurdles	Trials	11-12
12:30 p.m.	Boys	80 Meter Hurdles	Trials	11-12
12:45 p.m.	Boys & Girls	100 Meter Dash	Trials	8 and Under
1:00 p.m.	Boys & Girls	100 Meter Dash	Trials	9-10
1:15 p.m.	Boys & Girls	100 Meter Dash	Trials	11-12
1:30 p.m.	Boys & Girls	100 Meter Dash	Trials	13-14
1:45 p.m.	Boys & Girls	100 Meter Dash	Trials	15-16
2:00 p.m.	Boys & Girls	100 Meter Dash	Trials	17-18
2:15 p.m.	Girls	2000 Meter Steeple	Final	13-14
2:15 p.m.	Girls	2000 Meter Steeple	Final	15-18
2:25 p.m.	Boys	2000 Meter Steeple	Final	13-14
2:35 p.m.	Boys	2000 Meter Steeple	Final	15-18
2:55 p.m.	Boys & Girls	80 Meter Hurdles	Final	11-12
3:05 p.m.	Girls	100 Meter Hurdles	Final	13-14
3:15 p.m.	Boys	100 Meter Hurdles	Final	13-14
3:25 p.m.	Girls	100 Meter Hurdles	Final	15-18
3:35 p.m.	Boys	110 Meter Hurdles	Final	15-18
3:45 p.m.	Boys & Girls	100 Meter Dash	Final	8 and Under
3:50 p.m.	Boys & Girls	100 Meter Dash	Final	9-10
3:55 p.m.	Boys & Girls	100 Meter Dash	Final	11-12
4:00 p.m.	Boys & Girls	100 Meter Dash	Final	13-14

4:05 p.m.	Boys & Girls	100 Meter Dash	Final	15-16
4:10 p.m.	Boys & Girls	100 Meter Dash	Final	17-18
15 minute break				
4:25 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	8 and Under
4:35 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	9-10
4:40 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	11-12
4:45 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	13-14
4:50 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	15-18
SATURDAY THROWING EVENTS				
9:00 a.m.	Boys	Shot Put		17-18
11:00 a.m.	Boys	Shot Put		15-16
1:00 p.m.	Girls	Shot Put		17-18
3:00 p.m.	Girls	Shot Put		15-16
9:00 a.m.	Girls	Discus	Circle 1 Lower Field	17-18
11:00 a.m.	Girls	Discus	Circle 1 Lower Field	15-16
1:00 p.m.	Girls	Discus	Circle 1 Lower Field	13-14
9:00 a.m.	Girls	Discus	Circle 2 Upper Field	11-12
10:30 a.m.	Boys	Discus	Circle 2 Upper Field	11-12
12:00 p.m.	Boys	Discus	Circle 2 Upper Field	13-14
2:00 p.m.	Girls	Javelin		13-14
3:00 p.m.	Boys	Javelin		13-14
SATURDAY JUMPING EVENTS				
9:00 a.m.	Girls	Long Jump	Pit 1	8 and Under
	Boys	Long Jump	Pit 2	8 and Under
1:30 p.m.	Girls	Long Jump	Pit 1	11-12
	Boys	Long Jump	Pit 2	11-12
3:00 p.m.	Girls	Long Jump	Pit 1	13-14
	Boys	Long Jump	Pit 2	13-14
9:00 a.m.	Girls	High Jump		15-16
11:00 a.m.	Girls	High Jump		17-18
1:00 p.m.	Boys	High Jump		17-18

4:05 p.m.	Boys & Girls	100 Meter Dash	Final	15-16
4:10 p.m.	Boys & Girls	100 Meter Dash	Final	17-18
15 minute break				
4:25 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	8 and Under
4:35 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	9-10
4:40 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	11-12
3:00 p.m	Boys	High Jump		15-16
SUNDAY RUNNING EVENTS				
9:00 a.m.	Boys & Girls	1500 Meter	Final	8 and Under
9:10 a.m.	Boys & Girls	1500 Meter	Final	9-10
9:35 a.m.	Boys & Girls	1500 Meter	Final	11-12
9:50 a.m.	Boys & Girls	1500 Meter	Final	13-14
10:05 a.m.	Boys & Girls	1500 Meter	Final	15-16
10:15 a.m.	Boys & Girls	1500 Meter	Final	17-18
10:25 a.m.	Boys & Girls	200 Meter Dash	Trials	8 and Under

10:40 a.m.	Boys & Girls	200 Meter Dash	Trials	9-10
10:55 a.m.	Boys & Girls	200 Meter Dash	Trials	11-12
11:10 a.m.	Boys & Girls	200 Meter Dash	Trials	13-14
11:25 a.m.	Boys & Girls	200 Meter Dash	Trials	15-16
11:40 a.m.	Boys & Girls	200 Meter Dash	Trials	17-18
12:00 p.m.	Boys & Girls	1500 Meter Race Walk	Final	9-12
12:15 p.m	Boys & Girls	3000 Meter Race Walk	Final	13-18
12:45 p.m.	Boys & Girls	200 Meter Dash	Final	8 and Under
12:55 p.m.	Boys & Girls	200 Meter Dash	Final	9-10
1:05 p.m.	Boys & Girls	200 Meter Dash	Final	11-12
1:15 p.m.	Boys & Girls	200 Meter Dash	Final	13-14
1:25 p.m.	Boys & Girls	200 Meter Dash	Final	15-16
1:35 p.m.	Boys & Girls	200 Meter Dash	Final	17-18
15 minute break				
2:00 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	8 and Under
2:10 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	9-10
2:20 p.m.	Girls	4 X 400 Meter Relay	Final	11-12
2:30 p.m.	Boys	4 X 400 Meter Relay	Final	11-12
2:40 p.m.	Girls	4 X 400 Meter Relay	Final	13-14

2:50 p.m.	Boys	4 X 400 Meter Relay	Final	13-14
3:00 p.m.	Girls	4 X 400 Meter Relay	Final	15-18
3:10 p.m.	Boys	4 X 400 Meter Relay	Final	15-18

SUNDAY THROWING EVENTS

9:00 a.m.	Girls	Javelin		15-16
10:30 a.m.	Girls	Javelin		17-18
12:00 p.m.	Boys	Javelin		15-16
1:30 p.m.	Boys	Javelin		17-18
9:00 a.m.	Girls	Shot Put		8 and Under
10:30 a.m.	Boys	Shot Put		8 and Under
12:00 p.m.	Girls	Shot Put		9-10
1:30 p.m.	Boys	Shot Put		9-10

SUNDAY JUMPING EVENTS

9:00 a.m.	Girls	Long Jump	Pit 1	9-10
	Boys	Long Jump	Pit 2	9-10
11:30 a.m.	Girls	Long Jump	Pit 1	15-16
	Girls	Long Jump	Pit 2	17-18
2:00 p.m.	Boys	Long Jump	Pit 1	15-16
	Boys	Long Jump	Pit 2	17-18
9:00 a.m.	Girls	High Jump		13-14
10:30 a.m.	Boys	High Jump		13-14
12:00 p.m.	Girls	High Jump		11-12

1:30 p.m.	Boys	High Jump		11-12
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