



Away 2025 DVC Tuesday Meets



Each of these meets are setup for two essential goals: A) More chances to compete, PR, and make your way into weekend lineups or B) Train and gain experience that can help you be more successful on the weekends!

Either way we want to see the Redhawks flying down the track, runways, and sectors!

Tuesday 4/15:

- Location: AWAY at WV - bus at 3:30
- Time: 4:30
- Who Competes: All FS and JV Redhawks
- Live Results linked [HERE](#)

Tuesday 4/22:

- Location: AWAY DeKalb
 - Bus at 3:00
- **Field Events at 4:30 --- Running at 5:00**
- Who competes: All FS & JV Redhawks
- Live Results linked [HERE](#)

Running Events:

4x800m Relay
4x100m Relay
3200m Run
110m HH
100m Dash
800m Dash
4x200m Relay
400m Dash
300m IH
1600m Run
200m Dash
4x400m Relay

Field Events:

Long Jump (4 attempts)
Triple Jump (4 attempts) - following LJ
Shot Put - frosh/soph throw first, then juniors/seniors (4 attempts)
Discus - juniors/seniors throw first, then frosh/soph (4 attempts)
High Jump - One flight (Starting height TBD)
Pole Vault - One flight starting height will be TBA.