2025 - LAA TRACK MEET ORDER OF EVENTS

Field Events

8:45 Coaches Meeting

9:20 Discus

9:20–Class C (co-ed)

10:00–Class B (co-ed)

10:50–Class A (co-ed)

9:20 High Jump

9:20–Class C (girls on east pit, boys on west pit)

10:00–Class B (girls on east pit, boys on west pit)

10:50–Class A (girls on east pit, boys on west pit)

10:00 Shot Put

10:00–Class A (girls on north circle, boys on south circle)

10:40–Class C (girls on north circle, boys on south circle)

11:10–Class B (girls on north circle, boys on south circle)

Standing Long Jump (south end zone)

10:00–Class C (co-ed)

10:30–Class B (co-ed)

11:00–Class A (co-ed)

Softball Throw (north end zone…girls east, boys west)

10:00–Class B

10:30–Class A

11:00–Class C

Long Jump (girls NW pit, boys SW pit) and Triple Jump (girls NE pit, boys SE pit)

10:00–Class A girls, Class C boys

10:30–Class C girls, Class B boys

11:00–Class B girls, Class A boys

Running Events

8:45 Coaches Meeting

9:20 1600 Run (Class C co-ed, then B, then A)

Starting with the 800 Relay, rolling time schedule will be followed…times are estimates.

11:45 800 Relay (Class C girls, then B, then A; Class C boys, then B, then A)

12:10 200 Dash

12:30 400 Relay

12:50 800 Run (Class C co-ed, then B, then A)

1:15 100 Dash

1:35 400 Dash

2:00 Sprint Medley Relay (400-200-100-100)

2:25 Meet Conclusion

- If your contestant is not present when called for his or her event, he or she will be scratched.
- PLEASE HAVE YOUR TEAM READY TO BEGIN PROMPTLY.
- **NO SPECTATORS WILL BE ALLOWED INSIDE THE TRACK AREA DURING THE RUNNING OF TRACK EVENTS!**

Thank you for your cooperation!