



2025 Meet #5 at The Empower Center

Saturday, April 12th, 2025

Location: Empower Center; 1952 Winder Hwy, Jefferson, GA 30549

All Running Events Will Start at 8:45 am

All Running Events are Finals ran 'On Time,' No Preliminaries.

-3200 Meters: 9-12 Girls, 9-12 Boys, 13-18 Girls, 13-18 Boys (Will all run together, split in results)

-80 Meter Hurdles: 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys

-100 Meter Hurdles: 13-18 Girls, 13-18 Boys

-50 Meters: 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys

-4x100 Meter Relay- 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys, 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys

-300 Meter Hurdles: 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-1600 Meters: 6-10 Girls, 6-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-400 Meters: 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-100 Meters: 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-800 Meters: 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-200 Meters: 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

-Sprint Medley Relay (100, 100, 200, 400): 3-8 Girls, 3-8 Boys, 9-10 Girls, 9-10 Boys, 11-12 Girls, 11-12 Boys, 13-18 Girls, 13-18 Boys

Age groups for awards and results: 5U, 6-8, 9-10, 11-12, 13-14, 15-18