

# 2025 REGIONAL EVENT TIME SCHEDULE | ALL DIVISIONS

## May 28 & 29

### Field Events

Preliminary Trials & Finals  
(See Starting Times Above)

Boys Pole Vault  
Girls High Jump  
Boys Long Jump  
Girls Shot Put  
Boys Discus

### Track Events

(See Starting Times Above)

Girls Relay 4x800m (finals)  
Boys Relay 4x800m (finals)  
Girls Hurdles (33") 100m  
Boys Hurdles (39") 110m  
Girls Dash 100m  
Boys Dash 100m  
Girls Relay 4x200m  
Boys Relay 4x200m  
Girls Relay 4x100m (a)  
Boys Relay 4x100m (b)  
Girls Dash 400m  
Boys Dash 400m  
Girls Hurdles (30") 300m  
Boys Hurdles (36") 300m  
Girls Dash 200m  
Boys Dash 200m  
Girls Relay 4x400m (c)  
Boys Relay 4x400m (d)

(a) The first heat of the girls 4x100 relay may begin no earlier than 15 minutes after the start of the first heat of the Girls 4x200 Relay.  
(b) The first heat of the boys 4x100 relay may begin no earlier than 15 minutes after the start of the first heat of the Boys 4x200 Relay  
(c) The first heat of the girls 4x400 relay may begin no earlier than 20 minutes after the start of the first heat of the girls 200 meter dash.  
(d) The first heat of the boys 4x400 relay may begin no earlier than 20 minutes after the start of the first heat of the boys 200 meter dash.

## May 30

### Field Events

Preliminary Trials and Finals  
(See Starting Times Above)

Girls Pole Vault  
Boys High Jump  
Girls Long Jump  
Boys Shot Put  
Girls Discus

### Track Events

(See Starting Times Above)

5:00/5:30/6:00/6:30 Girls Hurdles (33") 100m  
5:05/5:35/6:05/6:35 Boys Hurdles (39") 110m  
5:10/5:40/6:10/6:40 Girls Dash 100m  
5:12/5:42/6:12/6:42 Boys Dash 100m  
5:15/5:45/6:15/6:45 Girls Relay 4x200m  
5:25/5:55/6:25/6:55 Boys Relay 4x200m  
5:35/6:05/6:35/7:05 Girls Run 1600m  
5:45/6:15/6:45/7:15 Boys Run 1600m  
5:55/6:25/6:55/7:25 Girls Relay 4x100m  
6:00/6:30/7:00/7:30 Boys Relay 4x100m  
6:05/6:35/7:05/7:35 Girls Dash 400m  
6:10/6:40/7:10/7:40 Boys Dash 400m  
6:15/6:45/7:15/7:45 Girls Hurdles (30") 300m  
6:20/6:50/7:20/7:50 Boys Hurdles (36") 300m  
6:25/6:55/7:25/7:55 Girls Run 800m  
6:30/7:00/7:30/8:00 Boys Run 800m  
6:35/7:05/7:35/8:05 Girls Dash 200m  
6:40/7:10/7:40/8:10 Boys Dash 200m  
6:45/7:15/7:45/8:15 Girls Run 3200m  
7:00/7:30/8:00/8:30 Boys Run 3200m  
7:15/7:45/8:15/8:45 Girls Relay 4x400m  
7:25/7:55/8:25/8:55 Boys Relay 4x400m



## May 31

### Field Events

Preliminary Trials and Finals  
(See Starting Times Above)

Girls Pole Vault  
Boys High Jump  
Girls Long Jump  
Boys Shot Put  
Girls Discus

### Track Events

(See Starting Times Above)

12:00/12:30 Girls Hurdles (33") 100m  
12:05/12:35 Boys Hurdles (39") 110m  
12:10/12:40 Girls Dash 100m  
12:12/12:42 Boys Dash 100m  
12:15/12:45 Girls Relay 4x200m  
12:25/12:55 Boys Relay 4x200m  
12:35/1:05 Girls Run 1600m  
12:45/1:15 Boys Run 1600m  
12:55/1:25 Girls Relay 4x100m  
1:00/1:30 Boys Relay 4x100m  
1:05/1:35 Girls Dash 400m  
1:10/1:40 Boys Dash 400m  
1:15/1:45 Girls Hurdles (30") 300m  
1:20/1:50 Boys Hurdles (36") 300m  
1:25/1:55 Girls Run 800m  
1:30/2:00 Boys Run 800m  
1:35/2:05 Girls Dash 200m  
1:40/2:10 Boys Dash 200m  
1:45/2:15 Girls Run 3200m  
2:00/2:30 Boys Run 3200m  
2:15/2:45 Girls Relay 4x400m  
2:25/2:55 Boys Relay 4x400m

