

All Division SEMO Conference Meet 2025 - Schedule 5/3/2025

9:30 am -Start	10:30 am - Start	12:30 pm - Start	1:30 pm - Start
Pits Open - 9:00 am	Pits Open - 10:00 am	Pits Open - Noon	Pits Open - 1:00 pm
Flight 1 Warmup 9:20 am	Flight 1 Warm-up 10:20 am	Flight 1 Warm-up 12:20 pm	Flight 1 Warm-up 1:20 pm
Boys Shot Put	Boys Javelin	Boys Discus	Girls Javelin
Girls Discus	Girls Triple Jump	Girls Shot Put	Boys Triple Jump
Girls High Jump		Boys High Jump	
Boys Long Jump		Girls Long Jump	
Boys/Girls Pole Vault			

Track Schedule

10:00 am Coaches Meeting - Hospitality Room

10:30 am Rolling Schedule - JV Division followed by Varsity

Girls	4 x 800m Relay	Heats vs. Time	
Boys	4 x 800m Relay	Heats vs. Time	
Girls	100m Hurdles	Heats vs. Time	
Boys	110m Hurdles	Heats vs. Time	
Girls	100m Dash	Heats vs. Time	
Boys	100m Dash	Heats vs. Time	
Girls	4 x 200m Relay	Heats vs. Time	
Boys	4 x 200m Relay	Heats vs. Time	
Girls	1600m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Boys	1600m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Girls	Open 1600	Open to All Non-Competitors	Coaches Timed
Boys	Open 1600	Open to All Non-Competitors	Coaches Timed
Break			
Girls	4 x 100m Relay	Heats vs. Time	
Boys	4 x 100m Relay	Heats vs. Time	
Girls	400m Dash	Heats vs. Time	
Boys	400m Dash	Heats vs. Time	
Girls	300m Low Hurdles	Heats vs. Time	
Boys	300m Intermediate Hurdles	Heats vs. Time	
Girls	800m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Boys	800m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Girls	200m Dash	Heats vs. Time	
Boys	200m Dash	Heats vs. Time	
Girls	3200m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Boys	3200m Run	Double Waterfall Start	Heats vs. Time (24 in Fast Heat)
Girls	4 x 400m Relay	Heats vs. Time	
Boys	4 x 400m Relay	Heats vs. Time	