

2025 Track & Field Schedule

Athletes should report to Staging 30 minutes prior to the scheduled start time listed below for their event.



COACHES - If you have an issue with a T&F event, go to the Track Rules Table 1 hour before staging time for that event

Start Time																			
Vednesday	25 M Unified Partner Walk	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	TJAV	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
Noon		-				All Ages					8-15							All Ages	
12:30	All Ages			All Electric															
1:00				All Manual							16-29								
1:30												All							
2:00											30+								
2:30													All						
3:30										PENT									
3:45			All Ages							All								_	
Thursday	25 M Unified Partner Walk	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	SBT	4X100M Relay	4X100M Unified Relay	Running Long Jump	High Jump	Standing LJ	1500M Run	800M	Shot Put
8:30	Water	16-21									8-11			12-15		12-15			
9:00		22+																	PENT & Wheel Chair
9:30		8-15												22-29		22-29			
10:00											12-15	2514							22+
10:30							16-21												
11:00																			
11:30							30+				22+			16-21		16-21			8-21
Noon														PENT					
12:30							8-11												-
1:00																			
1:30							22-29				16-21			30+		30+			
2:00							12-15							8-11	All Ages PENT	8-11			
2:30					All Manual &						30+		-	8-11	PENI	8-11			
Friday	25 M Unified	100M	400M	25M	SOM WC	100M	50M	100M	200M	400M		4X100M	4X100M Unified	Running	High Jump	Standing	1500M	800M	Shot Put
	Partner Walk	Walk	Walk	WC	Slalom	WC	Run	Run	Run	Run		Relay	Relay	Long Jump		IJ	Run		
9:00		8-21						8-11											+
9:15		22+						PENT									All Ages		-
10:00								12-15											
10:30								16-21											
11:30								22+	All Ages										