

LARRY STEEB
TRACK & FIELD MEET OF CHAMPIONS
TUESDAY, MAY 27, 2025 AT AL RITT STADIUM

MEET TIME SCHEDULE

WOMEN RUN FIRST IN ALL TRACK EVENTS IN 2025

Boys run first in even years.

Girls run first in odd years.

FIELD EVENTS 4:30 **PLEASE REVIEW FIELD EVENT INFORMATION PAGE 4!**

SHOT PUT: Women will compete first. Men will begin competition 15 minutes after the women.

Note: In shot and discus – 4 attempts – (2-2) no finals.

DISCUS: Men will compete first. Women will begin competition 15 minutes after men.

HIGH JUMP: Women will compete first. Men will begin competition 15 minutes after women.

LONG JUMP: We will have two pits operational so genders will jump simultaneously.

In Long Jump – open pit for 90 minutes. You can take up to 4 attempts during that time period.

POLE VAULT: We will have two pits operational so genders will vault simultaneously.

TRACK EVENTS BEGIN 4:30 AND WILL ROLL QUICKLY IN THE FOLLOWING ORDER!

3200 Meter Relay (4 x 800)

110 / 100 Meter Hurdles. (No Semi-Final Heats. No prelims)

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

100 Meter Dash (No Semi-Final Heats. No prelims)

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

4 x 200 Meter Relay

There will be a very short awards ceremony for Athletes of the Year and Coaches of Year.

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash (No Semi-Final Heats. No prelims)

Heats seeded by time. Fastest run vs. fastest. Top six FAT Time medal.

Freshman 1600 Meter Run – Maximum entries TWO per school

4 x 400 Meter Relay