

**C-3 District Track
May 15th, 2025**

11:00 Field Events

Shot Put-----Girls followed by boys
Discus-----Boys followed by girls
Long Jump-----Both girls and boys
Triple Jump-----Following long jump, approximately 12:30
High Jump-----Boys followed by girls
Pole Vault-----Girls followed by boys

2:00 Running Events- We will start these early if field events are completed

3200 M Relay-Finals
100 M High Hurdles-Prelims
110 M High Hurdles-Prelims
100 M Dash-Prelims
400 M Dash-Finals
3200 M Run-Finals
200 M Dash-Prelims

30 Minute Break

100 M High Hurdles- Finals
110 M High Hurdles-Finals
100 M Dash-Finals
800 M Run
300 M Hurdles-Finals
200 M Dash-Finals
1600 M Run
400 M Relay-Finals
1600 M Relay-Finals