



VERSION 1.0 | MONDAY , MARCH 18, 2025@ 8:00 PM

**DAY 1**

## **TENTATIVE SCHEDULE**

**WEDNESDAY, APRIL 16, 2025**

**MULTI EVENT SCHEDULES T.B.A.**

*MULTI EVENTS WILL BE HELD ON APRIL 16 AND APRIL 17, 2025*



**THANK YOU FOR YOUR SUPPORT OF THE MT. SAC RELAYS!**

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WEBSITE**





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**DAY 2**

# TENTATIVE SCHEDULE

THURSDAY, APRIL 17, 2025

## RUNNING EVENTS

#	Time	Gen	Div	Event	Section	Heats
213	6:30 PM	W	E	3,000M SC	INVITATIONAL	1
110	6:55 PM	M	C	3,000M SC	A	1
113	7:15 PM	M	E	3,000M SC	INVITATIONAL	1
223	7:40 PM	W	E	10,000M	INVITATIONAL	1
123	8:20 PM	M	E	10,000M	INVITATIONAL	1

## LEGEND

### GENDER

B = BOYS  
G = GIRLS  
M = MEN'S  
W = WOMEN'S

## FIELD EVENTS

#	Time	Gen	Div	Event	Section	Location	Flights
<b>JAVELIN FESTIVAL</b>							
232	12:35 PM	W	C	JAVELIN	A	SOUTH	1
131	5:00 PM	M	E	JAVELIN	INVITATIONAL	SOUTH	1
231	6:30 PM	W	E	JAVELIN	INVITATIONAL	SOUTH	1
132	8:00 PM	M	C	JAVELIN	A	SOUTH	1

### DIVISION

C = COLLEGIATE  
E = ELITE  
H = HIGH SCHOOL  
M = MASTERS  
P = PARALYMPIC  
Y = YOUTH



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**DAY 3**

## TENTATIVE SCHEDULE

FRIDAY, APRIL 18, 2025

### RUNNING EVENTS

#	Time	Gen	Div	Event	Section	Heats
229	11:00 AM	W	C	4X100M RELAY	—	TBA
129	11:10 AM	M	C	4X100M RELAY	—	TBA
224	11:25 AM	W	C	100M HURDLES	—	TBA
124	11:50 AM	M	C	110M HURDLES	—	TBA
204	12:15 PM	W	C	400M	—	TBA
104	12:45 PM	M	C	400M	—	TBA
200	1:15 PM	W	C	100M	—	TBA
100	1:45 PM	M	C	100M	—	TBA
226	2:20 PM	W	C	400M HURDLES	—	TBA
126	2:45 PM	M	C	400M HURDLES	—	TBA
202	3:05 PM	W	C	200M	—	TBA
102	3:30 PM	M	C	200M	—	TBA
206	3:55 PM	W	C	800M	—	TBA
106	4:15 PM	M	C	800M	—	TBA
230	5:40 PM	W	C	4X400M RELAY	—	TBA
130	5:55 PM	M	C	4X400M RELAY	—	TBA
208	6:15 PM	W	C	1,500M	—	TBA
108	6:30 PM	M	C	1,500M	—	TBA
209	6:45 PM	W	E	1,500M	INVITATIONAL	TBA
109	7:00 PM	M	E	1,500M	INVITATIONAL	TBA
409	7:10 PM	G	H	3,200M	INVITATIONAL	TBA
309	7:25 PM	B	H	3,200M	INVITATIONAL	TBA
422	7:35 PM	G	H	4X800M RELAY	INVITATIONAL	TBA
322	7:55 PM	B	H	4X800M RELAY	INVITATIONAL	TBA
408	8:15 PM	G	H	MILE	INVITATIONAL	TBA
308	8:25 PM	B	H	MILE	INVITATIONAL	TBA
425	8:35 PM	G	H	4X1,600M RELAY	INVITATIONAL	TBA
325	9:00 PM	B	H	4X1,600M RELAY	INVITATIONAL	TBA
215	9:25 PM	W	E	5,000M	INVITATIONAL	TBA
115	10:05 PM	M	E	5,000M	INVITATIONAL	TBA

### LEGEND

#### GENDER

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**TENTATIVE SCHEDULE**

FIELD EVENTS							
#	Time	Gen	Div	Event	Section	Location	Flights
234	9:00 AM	W	C	HIGH JUMP	B	SOUTHWEST	1
155	10:00 AM	M	C	DISCUS THROW	B	MAIN	1
238	10:00 AM	W	C	POLE VAULT	C	SOUTH	1
138	10:00 AM	M	C	POLE VAULT	C	NORTH	1
140	11:00 AM	M	C	LONG JUMP	—	NORTHEAST	TBA
240	11:00 AM	W	C	LONG JUMP	—	NORTHWEST	TBA
133	11:00 AM	M	C	HIGH JUMP	A	SOUTHWEST	1
255	12:30 PM	W	C	DISCUS THROW	B	MAIN	1
144	1:00 PM	M	C	SHOT PUT	—	SOUTHEAST	TBA
236	1:00 PM	W	C	POLE VAULT	A	SOUTH	1
136	1:00 PM	M	C	POLE VAULT	A	NORTH	1
233	1:00 PM	W	C	HIGH JUMP	A	SOUTHWEST	1
142	4:00 PM	M	C	TRIPLE JUMP	—	NORTHEAST	TBA
242	4:00 PM	W	C	TRIPLE JUMP	—	NORTHWEST	TBA
237	4:00 PM	W	C	POLE VAULT	B	SOUTH	1
137	4:00 PM	M	C	POLE VAULT	B	NORTH	1
146	4:00 PM	M	C	DISCUS THROW	A	MAIN	1
169	5:00 PM	M	C	HIGH JUMP	C	SOUTHWEST	1
246	5:30 PM	W	C	DISCUS THROW	A	MAIN	1
244	3:00 PM	W	C	SHOT PUT	—	SOUTHEAST	TBA
134	3:00 PM	M	C	HIGH JUMP	B	SOUTHWEST	1

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**DAY 4**

# TENTATIVE SCHEDULE

SATURDAY, APRIL 19, 2025

## RUNNING EVENTS - PAGE 1

#	Time	Gen	Div	Event	Section	Heats
	9:00 AM	B&G	Y	MUNCHKIN RUN - 800M		1
	9:15 AM	B&G	Y	MUNCHKIN RUN - 400M		1
<b>429</b>	<b>10:00 AM</b>	<b>G</b>	<b>H</b>	<b>4X100M SH RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
330	10:10 AM	B	H	4X110M SH RELAY	SEEDED	1
<b>329</b>	<b>10:15 AM</b>	<b>B</b>	<b>H</b>	<b>4X110M SH RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
467	10:30 AM	G	H	4X100M RELAY	RATED	1
416	10:35 AM	G	H	4X100M RELAY	SEEDED	1
<b>415</b>	<b>10:40 AM</b>	<b>G</b>	<b>H</b>	<b>4X100M RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
367	10:45 AM	B	H	4X100M RELAY	RATED	1
316	10:50 AM	B	H	4X100M RELAY	SEEDED	1
<b>315</b>	<b>10:55 AM</b>	<b>B</b>	<b>H</b>	<b>4X100M RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
406	11:00 AM	G	H	800M	SEEDED	1
306	11:10 AM	B	H	800M	SEEDED	1
<b>506</b>	<b>11:15 AM</b>	<b>W</b>	<b>P</b>	<b>100M</b>	<b>AMBULATORY</b>	<b>1</b>
<b>504</b>	<b>11:20 AM</b>	<b>M</b>	<b>P</b>	<b>100M</b>	<b>AMBULATORY</b>	<b>1</b>
464	11:30 AM	G	H	100M HURDLES	RATED	1
411	11:35 AM	G	H	100M HURDLES	SEEDED	1
<b>410</b>	<b>11:40 AM</b>	<b>G</b>	<b>H</b>	<b>100M HURDLES</b>	<b>INVITATIONAL</b>	<b>1</b>
364	11:50 AM	B	H	110M HURDLES	RATED	1
311	11:55 AM	B	H	110M HURDLES	SEEDED	1
<b>310</b>	<b>12:00 PM</b>	<b>B</b>	<b>H</b>	<b>110M HURDLES</b>	<b>INVITATIONAL</b>	<b>1</b>
	<b>12:05 PM</b>	<b>OPENING CEREMONIES</b>				
<b>407</b>	<b>12:10 PM</b>	<b>G</b>	<b>H</b>	<b>800M</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>307</b>	<b>12:15 PM</b>	<b>B</b>	<b>H</b>	<b>800M</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>228</b>	<b>12:20 PM</b>	<b>W</b>	<b>E</b>	<b>4X100M RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>128</b>	<b>12:25 PM</b>	<b>M</b>	<b>E</b>	<b>4X100M RELAY</b>	<b>INVITATIONAL</b>	<b>1</b>
463	12:30 PM	G	H	400M	RATED	1
405	12:35 PM	G	H	400M	SEEDED	1
<b>404</b>	<b>12:40 PM</b>	<b>G</b>	<b>H</b>	<b>400M</b>	<b>INVITATIONAL</b>	<b>1</b>
363	12:45 PM	B	H	400M	RATED	1
305	12:50 PM	B	H	400M	SEEDED	1
<b>304</b>	<b>12:55 PM</b>	<b>B</b>	<b>H</b>	<b>400M</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>205</b>	<b>1:00 PM</b>	<b>W</b>	<b>E</b>	<b>400M</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>105</b>	<b>1:10 PM</b>	<b>M</b>	<b>E</b>	<b>400M</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>225</b>	<b>1:20 PM</b>	<b>W</b>	<b>E</b>	<b>100M HURDLES</b>	<b>INVITATIONAL</b>	<b>1</b>
<b>125</b>	<b>1:30 PM</b>	<b>M</b>	<b>E</b>	<b>110M HURDLES</b>	<b>INVITATIONAL</b>	<b>1</b>
461	1:40 PM	G	H	100M	RATED	1
401	1:45 PM	G	H	100M	SEEDED	1
<b>400</b>	<b>1:50 PM</b>	<b>G</b>	<b>H</b>	<b>100M</b>	<b>INVITATIONAL</b>	<b>1</b>

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**TENTATIVE SCHEDULE**

**RUNNING EVENTS - PAGE 2**

#	Time	Gen	Div	Event	Section	Heats
363	1:55 PM	B	H	100M	RATED	1
301	2:00 PM	B	H	100M	SEDED	1
300	2:05 PM	B	H	100M	INVITATIONAL	1
201	2:10 PM	W	E	100M	INVITATIONAL	1
101	2:15 PM	M	E	100M	INVITATIONAL	1
466	2:25 PM	G	H	400M HURDLES	INVITATIONAL	1
227	2:30 PM	W	E	400M HURDLES	INVITATIONAL	1
366	2:40 PM	B	H	400M HURDLES	INVITATIONAL	1
127	2:50 PM	M	E	400M HURDLES	INVITATIONAL	1
413	3:00 PM	G	H	300M HURDLES	SEDED	1
412	3:05 PM	G	H	300M HURDLES	INVITATIONAL	1
313	3:15 PM	B	H	300M HURDLES	SEDED	1
312	3:20 PM	B	H	300M HURDLES	INVITATIONAL	1
501	3:30 PM	W	P	200M	AMBULATORY	1
502	3:35 PM	M	P	200M	AMBULATORY	1
462	3:40 PM	G	H	200M	RATED	1
403	3:45 PM	G	H	200M	SEDED	1
402	3:48 PM	G	H	200M	INVITATIONAL	1
362	3:50 PM	B	H	200M	RATED	1
303	3:55 PM	B	H	200M	SEDED	1
302	3:58 PM	B	H	200M	INVITATIONAL	1
203	4:05 PM	W	E	200M	INVITATIONAL	1
103	4:15 PM	M	E	200M	INVITATIONAL	1
207	4:25 PM	W	E	800M	INVITATIONAL	1
107	4:35 PM	M	E	800M	INVITATIONAL	1
219	4:45 PM	W	E	4X400M RELAY	INVITATIONAL	1
119	5:00 PM	M	E	4X400M RELAY	INVITATIONAL	1
427	5:10 PM	G	H	SPRINT MEDLEY	INVITATIONAL	1
326	5:20 PM	B	H	SPRINT MEDLEY	INVITATIONAL	1
423	5:30 PM	G	H	4X800M RELAY	SEDED	1
323	5:45 PM	B	H	4X800M RELAY	SEDED	1
418	5:55 PM	G	H	4X200M RELAY	SEDED	1
417	6:00 PM	G	H	4X200M RELAY	INVITATIONAL	1
318	6:10 PM	B	H	4X200M RELAY	SEDED	1
317	6:15 PM	B	H	4X200M RELAY	INVITATIONAL	1
428	6:25 PM	G	H	DISTANCE MEDLEY	INVITATIONAL	1
328	6:40 PM	B	H	DISTANCE MEDLEY	INVITATIONAL	1
468	6:55 PM	G	H	4X400M RELAY	RATED	1
420	7:00 PM	G	H	4X400M RELAY	SEDED	1
419	7:05 PM	G	H	4X400M RELAY	INVITATIONAL	1
368	7:10 PM	B	H	4X400M RELAY	RATED	1
320	7:15 PM	B	H	4X400M RELAY	SEDED	1
319	7:20 PM	B	H	4X400M RELAY	INVITATIONAL	1
424	7:25 PM	G	H	4X1,600M RELAY	SEDED	1
324	7:40 PM	B	H	4X1,600M RELAY	SEDED	1

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**TENTATIVE SCHEDULE**

FIELD EVENTS							
#	Time	Gen	Div	Event	Section	Location	Flights
347	9:00 AM	B	H	DISCUS THROW	SEEDED	MAIN	1
444	9:00 AM	G	H	SHOT PUT	SEEDED	SHOTPUT ARENA	1
248	9:00 AM	W	C	HAMMER THROW	—	SOUTH	TBA
338	9:30 AM	B	H	LONG JUMP	SEEDED	NORTHEAST	1
438	9:30 AM	G	H	LONG JUMP	SEEDED	NORTHWEST	1
332	10:00 AM	B	H	HIGH JUMP	SEEDED	SOUTH	1
<b>433</b>	<b>10:00 AM</b>	<b>G</b>	<b>H</b>	<b>HIGH JUMP</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
335	10:00 AM	B	H	POLE VAULT	SEEDED	NORTH	1
435	10:00 AM	G	H	POLE VAULT	SEEDED	SOUTH	1
447	10:30 AM	G	H	DISCUS THROW	SEEDED	MAIN	1
344	10:30 AM	B	H	SHOT PUT	SEEDED	SHOTPUT ARENA	1
<b>439</b>	<b>11:30 AM</b>	<b>G</b>	<b>H</b>	<b>LONG JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHWEST</b>	<b>1</b>
<b>339</b>	<b>11:30 AM</b>	<b>B</b>	<b>H</b>	<b>LONG JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHEAST</b>	<b>1</b>
<b>333</b>	<b>11:45 AM</b>	<b>B</b>	<b>H</b>	<b>HIGH JUMP</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>348</b>	<b>12:00 PM</b>	<b>B</b>	<b>H</b>	<b>DISCUS THROW</b>	<b>INVITATIONAL</b>	<b>MAIN</b>	<b>1</b>
148	12:00 PM	M	C	HAMMER THROW	—	SOUTH	TBA
<b>336</b>	<b>12:00 PM</b>	<b>B</b>	<b>H</b>	<b>POLE VAULT</b>	<b>INVITATIONAL</b>	<b>NORTH</b>	<b>1</b>
<b>436</b>	<b>12:00 PM</b>	<b>G</b>	<b>H</b>	<b>POLE VAULT</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>445</b>	<b>12:30 PM</b>	<b>G</b>	<b>H</b>	<b>SHOT PUT</b>	<b>INVITATIONAL</b>	<b>SOUTHEAST</b>	<b>1</b>
341	12:30 PM	B	H	TRIPLE JUMP	SEEDED	FLEX FIELD	1
<b>245</b>	<b>1:00 PM</b>	<b>W</b>	<b>E</b>	<b>SHOT PUT</b>	<b>INVITATIONAL</b>	<b>SOUTHWEST</b>	<b>1</b>
<b>235</b>	<b>1:30 PM</b>	<b>W</b>	<b>E</b>	<b>HIGH JUMP</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>141</b>	<b>1:30 PM</b>	<b>M</b>	<b>E</b>	<b>LONG JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHEAST</b>	<b>1</b>
<b>241</b>	<b>1:30 PM</b>	<b>W</b>	<b>E</b>	<b>LONG JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHWEST</b>	<b>1</b>
<b>147</b>	<b>1:45 PM</b>	<b>M</b>	<b>E</b>	<b>DISCUS THROW</b>	<b>INVITATIONAL</b>	<b>MAIN</b>	<b>1</b>
<b>239</b>	<b>2:20 PM</b>	<b>W</b>	<b>E</b>	<b>POLE VAULT</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>139</b>	<b>2:20 PM</b>	<b>M</b>	<b>E</b>	<b>POLE VAULT</b>	<b>INVITATIONAL</b>	<b>NORTH</b>	<b>1</b>
<b>345</b>	<b>2:30 PM</b>	<b>B</b>	<b>H</b>	<b>SHOT PUT</b>	<b>INVITATIONAL</b>	<b>SOUTHEAST</b>	<b>1</b>
441	2:30 PM	G	H	TRIPLE JUMP	SEEDED	FLEX FIELD	1
<b>145</b>	<b>2:45 PM</b>	<b>M</b>	<b>E</b>	<b>SHOT PUT</b>	<b>INVITATIONAL</b>	<b>SOUTHWEST</b>	<b>1</b>
<b>249</b>	<b>3:00 PM</b>	<b>W</b>	<b>E</b>	<b>HAMMER THROW</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>135</b>	<b>3:15 PM</b>	<b>M</b>	<b>E</b>	<b>HIGH JUMP</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>247</b>	<b>3:30 PM</b>	<b>W</b>	<b>E</b>	<b>DISCUS THROW</b>	<b>INVITATIONAL</b>	<b>MAIN</b>	<b>1</b>
<b>243</b>	<b>3:30 PM</b>	<b>W</b>	<b>E</b>	<b>TRIPLE JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHWEST</b>	<b>1</b>
<b>143</b>	<b>3:30 PM</b>	<b>M</b>	<b>E</b>	<b>TRIPLE JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHEAST</b>	<b>1</b>
<b>149</b>	<b>4:30 PM</b>	<b>M</b>	<b>E</b>	<b>HAMMER THROW</b>	<b>INVITATIONAL</b>	<b>SOUTH</b>	<b>1</b>
<b>448</b>	<b>4:30 PM</b>	<b>G</b>	<b>H</b>	<b>DISCUS THROW</b>	<b>INVITATIONAL</b>	<b>MAIN</b>	<b>1</b>
432	5:00 PM	G	H	HIGH JUMP	SEEDED	SOUTH	1
<b>342</b>	<b>5:30 PM</b>	<b>B</b>	<b>H</b>	<b>TRIPLE JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHEAST</b>	<b>1</b>
<b>442</b>	<b>5:30 PM</b>	<b>G</b>	<b>H</b>	<b>TRIPLE JUMP</b>	<b>INVITATIONAL</b>	<b>NORTHWEST</b>	

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**DIVISION**

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