



COLLEGIATE | ELITE | HIGH SCHOOL DIVISIONS

TENTATIVE SCHEDULE

APRIL 16, 2025 | APRIL 19, 2025

**MT. SAC RELAYS
WEBSITE**





DAY 1

TENTATIVE SCHEDULE

WEDNESDAY, APRIL 16, 2025

MULTI EVENTS ELITE DIVISION						
#	Time	Gen	Div	Event	Section	Location
152	9:00 AM	M	E	100M	INV-DEC B	TRACK
290	9:30 AM	W	E	100M HURDLES	INV-HEP B	TRACK
253	9:45 AM	W	E	100M HURDLES	INV-HEP A	TRACK
152	9:45 AM	M	E	LONG JUMP	INV-DEC B	NORTHEAST
290	10:15 AM	W	E	HIGH JUMP	INV-HEP B	SOUTHWEST
253	10:30 AM	W	E	HIGH JUMP	INV-HEP A	SOUTHEAST
153	11:00 AM	M	E	100M	INV-DEC A	TRACK
152	11:15 AM	M	E	SHOT PUT	INV-DEC B	SOUTHEAST
153	11:45 AM	M	E	LONG JUMP	INV-DEC A	NORTHEAST
290	12:00 PM	W	E	SHOT PUT	INV-HEP B	SOUTHWEST
253	12:15 PM	W	E	SHOT PUT	INV-HEP A	SOUTHEAST
152	12:30 PM	M	E	HIGH JUMP	INV-DEC B	SOUTHWEST
290	1:15 PM	W	E	200M	INV-HEP B	TRACK
253	1:30 PM	W	E	200M	INV-HEP A	TRACK
153	1:30 PM	M	E	SHOT PUT	INV-DEC A	SOUTHEAST
152	2:15 PM	M	E	400M	INV-DEC B	TRACK
153	3:00 PM	M	E	HIGH JUMP	INV-DEC A	SOUTHEAST
153	4:45 PM	M	E	400M	INV-DEC A	TRACK

LEGEND

GENDER

- M = MEN'S
- W = Women's

DIVISION

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



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

**MT. SAC RELAYS
WEBSITE**





DAY 2

TENTATIVE SCHEDULE

THURSDAY, APRIL 17, 2025

MULTI EVENTS ELITE DIVISION						
#	Time	Gen	Div	Event	Section	Location
152	9:00 AM	M	E	110M HURDLES	INV-DEC B	TRACK
290	9:30 AM	W	E	LONG JUMP	INV-HEP B	NORTHWEST
152	9:45 AM	M	E	DISCUS THROW	INV-DEC B	FLEX FIELD
253	10:30 AM	W	E	LONG JUMP	INV-HEP A	NORTHEAST
290	10:30 AM	W	E	JAVELIN	INV-HEP B	SOUTH
153	11:00 AM	M	E	110M HURDLES	INV-DEC A	TRACK
152	11:15 AM	M	E	POLE VAULT	INV-DEC B	NORTH
253	11:45 AM	W	E	JAVELIN	INV-HEP A	SOUTH
290	12:00 PM	W	E	800M	INV-HEP B	TRACK
153	12:15 PM	M	E	DISCUS THROW	INV-DEC A	FLEX FIELD
153	1:20 PM	M	E	POLE VAULT	INV-DEC A	NORTH
152	1:50 PM	M	E	JAVELIN	INV-DEC B	SOUTH
253	2:00 PM	W	E	800M	INV-HEP A	TRACK
152	3:00 PM	M	E	1500M	INV-DEC B	TRACK
153	3:40 PM	M	E	JAVELIN	INV-DEC A	SOUTH
153	5:15 PM	M	E	1500M	INV-DEC A	TRACK

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TENTATIVE SCHEDULE

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

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FIELD EVENTS							
#	Time	Gen	Div	Event	Section	Location	Flights
JAVELIN FESTIVAL							
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

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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
422	7:10 PM	G	H	4X800M RELAY	INVITATIONAL	TBA
322	7:25 PM	B	H	4X800M RELAY	INVITATIONAL	TBA
408	7:40 PM	G	H	MILE	INVITATIONAL	TBA
308	7:55 PM	B	H	MILE	INVITATIONAL	TBA
409	8:10 PM	G	H	3,200M	INVITATIONAL	TBA
309	8:25 PM	B	H	3,200M	INVITATIONAL	TBA
425	8:40 PM	G	H	4X1,600M RELAY	INVITATIONAL	TBA
325	9:05 PM	B	H	4X1,600M RELAY	INVITATIONAL	TBA
215	9:30 PM	W	E	5,000M	INVITATIONAL	TBA
115	10:10 PM	M	E	5,000M	INVITATIONAL	TBA

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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	B	SOUTH	1
138	10:00 AM	M	C	POLE VAULT	B	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	E	POLE VAULT	INVITE B	SOUTH	1
136	1:00 PM	M	E	POLE VAULT	INVITE B	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	COLLEGIATE A	SOUTH	1
137	4:00 PM	M	C	POLE VAULT	COLLEGIATE A	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
TBA	9:55 AM	G	H	4X110M SH RELAY	SEEDED	1
429	10:00 AM	G	H	4X100M SH RELAY	INVITATIONAL	1
330	10:10 AM	B	H	4X110M SH RELAY	SEEDED	1
329	10:15 AM	B	H	4X110M SH RELAY	INVITATIONAL	1
467	10:30 AM	G	H	4X100M RELAY	RATED	1
416	10:35 AM	G	H	4X100M RELAY	SEEDED	1
415	10:40 AM	G	H	4X100M RELAY	INVITATIONAL	1
367	10:45 AM	B	H	4X100M RELAY	RATED	1
316	10:50 AM	B	H	4X100M RELAY	SEEDED	1
315	10:55 AM	B	H	4X100M RELAY	INVITATIONAL	1
406	11:00 AM	G	H	800M	SEEDED	1
306	11:10 AM	B	H	800M	SEEDED	1
506	11:15 AM	W	P	100M	AMBULATORY	1
504	11:20 AM	M	P	100M	AMBULATORY	1
464	11:30 AM	G	H	100M HURDLES	RATED	1
411	11:35 AM	G	H	100M HURDLES	SEEDED	1
410	11:40 AM	G	H	100M HURDLES	INVITATIONAL	1
364	11:50 AM	B	H	110M HURDLES	RATED	1
311	11:55 AM	B	H	110M HURDLES	SEEDED	1
310	12:00 PM	B	H	110M HURDLES	INVITATIONAL	1
	12:05 PM	OPENING CEREMONIES				
407	12:10 PM	G	H	800M	INVITATIONAL	1
307	12:15 PM	B	H	800M	INVITATIONAL	1
228	12:20 PM	W	E	4X100M RELAY	INVITATIONAL	1
128	12:25 PM	M	E	4X100M RELAY	INVITATIONAL	1
463	12:30 PM	G	H	400M	RATED	1
405	12:35 PM	G	H	400M	SEEDED	1
404	12:40 PM	G	H	400M	INVITATIONAL	1
363	12:45 PM	B	H	400M	RATED	1
305	12:50 PM	B	H	400M	SEEDED	1
304	12:55 PM	B	H	400M	INVITATIONAL	1
205	1:00 PM	W	E	400M	INVITATIONAL	1
105	1:10 PM	M	E	400M	INVITATIONAL	1
225	1:20 PM	W	E	100M HURDLES	INVITATIONAL	1
125	1:30 PM	M	E	110M HURDLES	INVITATIONAL	1
461	1:40 PM	G	H	100M	RATED	1
401	1:45 PM	G	H	100M	SEEDED	1
400	1:50 PM	G	H	100M	INVITATIONAL	1
363	1:55 PM	B	H	100M	RATED	1

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RUNNING EVENTS - PAGE 2

#	Time	Gen	Div	Event	Section	Heats
301	2:00 PM	B	H	100M	SEEDED	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	SEEDED	1
412	3:05 PM	G	H	300M HURDLES	INVITATIONAL	1
313	3:15 PM	B	H	300M HURDLES	SEEDED	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	SEEDED	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	SEEDED	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
TBA	5:15 PM	B	H	SPRINT MEDLEY	SEEDED	1
326	5:20 PM	B	H	SPRINT MEDLEY	INVITATIONAL	1
TBA	5:25 PM	G	H	4X800M RELAY	RATED	1
TBA	5:40 PM	G	H	4X800M RELAY	SEEDED	1
TBA	5:55 PM	B	H	4X800M RELAY	RATED	1
323	6:05 PM	B	H	4X800M RELAY	SEEDED	1
418	6:15 PM	G	H	4X200M RELAY	SEEDED	1
417	6:20 PM	G	H	4X200M RELAY	INVITATIONAL	1
318	6:25 PM	B	H	4X200M RELAY	SEEDED	1
317	6:30 PM	B	H	4X200M RELAY	INVITATIONAL	1
428	6:35 PM	G	H	DISTANCE MEDLEY	INVITATIONAL	1
328	6:50 PM	B	H	DISTANCE MEDLEY	INVITATIONAL	1
468	7:10 PM	G	H	4X400M RELAY	RATED	1
420	7:25 PM	G	H	4X400M RELAY	SEEDED	1
419	7:30 PM	G	H	4X400M RELAY	INVITATIONAL	1
368	7:35 PM	B	H	4X400M RELAY	RATED	1
320	7:50 PM	B	H	4X400M RELAY	SEEDED	1
319	7:55 PM	B	H	4X400M RELAY	INVITATIONAL	1
424	8:00 PM	G	H	4X1,600M RELAY	SEEDED	1
324	8:20 PM	B	H	4X1,600M RELAY	SEEDED	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
433	10:00 AM	G	H	HIGH JUMP	INVITATIONAL	SOUTH	1
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
439	11:30 AM	G	H	LONG JUMP	INVITATIONAL	NORTHWEST	1
339	11:30 AM	B	H	LONG JUMP	INVITATIONAL	NORTHEAST	1
333	11:45 AM	B	H	HIGH JUMP	INVITATIONAL	SOUTH	1
348	12:00 PM	B	H	DISCUS THROW	INVITATIONAL	MAIN	1
148	12:00 PM	M	C	HAMMER THROW	—	SOUTH	TBA
336	12:00 PM	B	H	POLE VAULT	INVITATIONAL	NORTH	1
436	12:00 PM	G	H	POLE VAULT	INVITATIONAL	SOUTH	1
445	12:30 PM	G	H	SHOT PUT	INVITATIONAL	SOUTHEAST	1
341	12:30 PM	B	H	TRIPLE JUMP	SEEDED	FLEX FIELD	1
245	1:00 PM	W	E	SHOT PUT	INVITATIONAL	SOUTHWEST	1
235	1:30 PM	W	E	HIGH JUMP	INVITATIONAL	SOUTH	1
141	1:30 PM	M	E	LONG JUMP	INVITATIONAL	NORTHEAST	1
241	1:30 PM	W	E	LONG JUMP	INVITATIONAL	NORTHWEST	1
147	1:45 PM	M	E	DISCUS THROW	INVITATIONAL	MAIN	1
239	2:20 PM	W	E	POLE VAULT	INVITATIONAL	SOUTH	1
139	2:20 PM	M	E	POLE VAULT	INVITATIONAL	NORTH	1
345	2:30 PM	B	H	SHOT PUT	INVITATIONAL	SOUTHEAST	1
441	2:30 PM	G	H	TRIPLE JUMP	SEEDED	FLEX FIELD	1
145	2:45 PM	M	E	SHOT PUT	INVITATIONAL	SOUTHWEST	1
249	3:00 PM	W	E	HAMMER THROW	INVITATIONAL	SOUTH	1
135	3:15 PM	M	E	HIGH JUMP	INVITATIONAL	SOUTH	1
247	3:30 PM	W	E	DISCUS THROW	INVITATIONAL	MAIN	1
243	3:30 PM	W	E	TRIPLE JUMP	INVITATIONAL	NORTHWEST	1
143	3:30 PM	M	E	TRIPLE JUMP	INVITATIONAL	NORTHEAST	1
149	4:30 PM	M	E	HAMMER THROW	INVITATIONAL	SOUTH	1
448	4:30 PM	G	H	DISCUS THROW	INVITATIONAL	MAIN	1
432	5:00 PM	G	H	HIGH JUMP	SEEDED	SOUTH	1
342	5:30 PM	B	H	TRIPLE JUMP	INVITATIONAL	NORTHEAST	1
442	5:30 PM	G	H	TRIPLE JUMP	INVITATIONAL	NORTHWEST	1

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