



COLLEGIATE | ELITE | HIGH SCHOOL DIVISIONS
SCHEDULE

APRIL 16, 2025 | APRIL 19, 2025

**MT. SAC RELAYS
WEBSITE**



**MT. SAC RELAYS
RESULTS**





DAY 1 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

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



DAY 2 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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SCHEDULE

RUNNING EVENTS

#	Time	Gen	Div	Event	Section
213	6:50 PM	W	E	3,000M SC	INVITATIONAL
113	7:15 PM	M	E	3,000M SC	INVITATIONAL
223	7:40 PM	W	E	10,000M	INVITATIONAL
123	8:20 PM	M	E	10,000M	INVITATIONAL

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FIELD EVENTS

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

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DAY 3 SCHEDULE

FRIDAY, APRIL 18, 2025

RUNNING EVENTS

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

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FIELD EVENTS						
#	Time	Gen	Div	Event	Section	Location
234	9:00 AM	W	C	HIGH JUMP	B	SOUTHWEST
140	11:00 AM	M	C	LONG JUMP	—	NORTHEAST
240	11:00 AM	W	C	LONG JUMP	—	NORTHWEST
133	11:00 AM	M	C	HIGH JUMP	A	SOUTHWEST
144	1:00 PM	M	C	SHOT PUT	—	SOUTHEAST
236	1:00 PM	W	E	POLE VAULT	INVITE B	SOUTH
136	1:00 PM	M	E	POLE VAULT	INVITE B	NORTH
233	1:00 PM	W	C	HIGH JUMP	A	SOUTHWEST
146	2:00 PM	M	C	DISCUS THROW	A	MAIN
142	4:00 PM	M	C	TRIPLE JUMP	-	NORTHEAST
242	4:00 PM	W	C	TRIPLE JUMP	-	NORTHWEST
237	4:00 PM	W	C	POLE VAULT	COLLEGIATE A	SOUTH
137	4:00 PM	M	C	POLE VAULT	COLLEGIATE A	NORTH
246	5:30 PM	W	C	DISCUS THROW	A	MAIN
244	3:00 PM	W	C	SHOT PUT	—	SOUTHEAST
134	3:00 PM	M	C	HIGH JUMP	B	SOUTHWEST

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DAY 4

SCHEDULE

SATURDAY, APRIL 19, 2025

RUNNING EVENTS - PAGE 1

#	Time	Gen	Div	Event	Section
	9:00 AM	B&G	Y	MUNCHKIN RUN - 800M	
	9:15 AM	B&G	Y	MUNCHKIN RUN - 400M	
430	9:55 AM	G	H	4X110M SH RELAY	SEEDED
429	10:00 AM	G	H	4X100M SH RELAY	INVITATIONAL
330	10:10 AM	B	H	4X110M SH RELAY	SEEDED
329	10:15 AM	B	H	4X110M SH RELAY	INVITATIONAL
467	10:30 AM	G	H	4X100M RELAY	RATED
416	10:40 AM	G	H	4X100M RELAY	SEEDED
415	10:45 AM	G	H	4X100M RELAY	INVITATIONAL
367	10:50 AM	B	H	4X100M RELAY	RATED
316	11:00 AM	B	H	4X100M RELAY	SEEDED
315	11:05 AM	B	H	4X100M RELAY	INVITATIONAL
406	11:10 AM	G	H	800M	SEEDED
306	11:20 AM	B	H	800M	SEEDED
506	11:25 AM	W	P	100M	AMBULATORY
504	11:30 AM	M	P	100M	AMBULATORY
414	11:40 AM	G	H	100M HURDLES	RATED
411	11:45 AM	G	H	100M HURDLES	SEEDED
410	11:50 AM	G	H	100M HURDLES	INVITATIONAL
	12:00 PM	OPENING CEREMONIES			
364	12:10 PM	B	H	110M HURDLES	RATED
311	12:15 PM	B	H	110M HURDLES	SEEDED
310	12:20 PM	B	H	110M HURDLES	INVITATIONAL
407	12:30 PM	G	H	800M	INVITATIONAL
307	12:35 PM	B	H	800M	INVITATIONAL
228	12:40 PM	W	E	4X100M RELAY	INVITATIONAL
128	12:24 PM	M	E	4X100M RELAY	INVITATIONAL
463	12:50 PM	G	H	400M	RATED
405	12:55 PM	G	H	400M	SEEDED
404	1:00 PM	G	H	400M	INVITATIONAL
363	1:05 PM	B	H	400M	RATED
305	1:10 PM	B	H	400M	SEEDED
304	1:15 PM	B	H	400M	INVITATIONAL
205	1:20 PM	W	E	400M	INVITATIONAL
105	1:30 PM	M	E	400M	INVITATIONAL
225	1:45 PM	W	E	100M HURDLES	INVITATIONAL
125	2:00 PM	M	E	110M HURDLES	INVITATIONAL
461	2:10 PM	G	H	100M	RATED
401	2:15 PM	G	H	100M	SEEDED
400	2:20 PM	G	H	100M	INVITATIONAL
363	2:25 PM	B	H	100M	RATED

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RUNNING EVENTS - PAGE 2

#	Time	Gen	Div	Event	Section
301	2:30 PM	B	H	100M	SEEDED
300	2:35 PM	B	H	100M	INVITATIONAL
201	2:40 PM	W	E	100M	INVITATIONAL
101	2:50 PM	M	E	100M	INVITATIONAL
466	3:00 PM	G	H	400M HURDLES	INVITATIONAL
227	3:05 PM	W	E	400M HURDLES	INVITATIONAL
366	3:15 PM	B	H	400M HURDLES	INVITATIONAL
127	3:20 PM	M	E	400M HURDLES	INVITATIONAL
413	3:35 PM	G	H	300M HURDLES	SEEDED
412	3:40 PM	G	H	300M HURDLES	INVITATIONAL
313	3:45 PM	B	H	300M HURDLES	SEEDED
312	3:50 PM	B	H	300M HURDLES	INVITATIONAL
501	4:00 PM	W	P	200M	AMBULATORY
502	4:05 PM	M	P	200M	AMBULATORY
462	4:10 PM	G	H	200M	RATED
403	4:15 PM	G	H	200M	SEEDED
402	4:20 PM	G	H	200M	INVITATIONAL
362	4:25 PM	B	H	200M	RATED
303	4:30 PM	B	H	200M	SEEDED
302	4:35 PM	B	H	200M	INVITATIONAL
203	4:40 PM	W	E	200M	INVITATIONAL
103	4:45 PM	M	E	200M	INVITATIONAL
207	4:50 PM	W	E	800M	INVITATIONAL
107	4:55 PM	M	E	800M	INVITATIONAL
219	5:00 PM	W	E	4X400M RELAY	INVITATIONAL
119	5:10 PM	M	E	4X400M RELAY	INVITATIONAL
469	5:15 PM	G	H	SPRINT MEDLEY	SEEDED
427	5:20 PM	G	H	SPRINT MEDLEY	INVITATIONAL
327	5:25 PM	B	H	SPRINT MEDLEY	SEEDED
326	5:30 PM	B	H	SPRINT MEDLEY	INVITATIONAL
470	5:35 PM	G	H	4X800M RELAY	RATED
423	5:50 PM	G	H	4X800M RELAY	SEEDED
369	6:05 PM	B	H	4X800M RELAY	RATED
323	6:15 PM	B	H	4X800M RELAY	SEEDED
418	6:25 PM	G	H	4X200M RELAY	SEEDED
417	6:30 PM	G	H	4X200M RELAY	INVITATIONAL
318	6:35 PM	B	H	4X200M RELAY	SEEDED
317	6:40 PM	B	H	4X200M RELAY	INVITATIONAL
428	6:45 PM	G	H	DISTANCE MEDLEY	INVITATIONAL
328	7:00 PM	B	H	DISTANCE MEDLEY	INVITATIONAL
468	7:20 PM	G	H	4X400M RELAY	RATED
420	7:35 PM	G	H	4X400M RELAY	SEEDED
419	7:40 PM	G	H	4X400M RELAY	INVITATIONAL
368	7:45 PM	B	H	4X400M RELAY	RATED
320	8:00 PM	B	H	4X400M RELAY	SEEDED
319	8:05 PM	B	H	4X400M RELAY	INVITATIONAL
424	8:10 PM	G	H	4X1,600M RELAY	SEEDED
324	8:30 PM	B	H	4X1,600M RELAY	SEEDED

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

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