

# **2025 C-5 Track District**

## **Thursday May 15, 2025**

### **State Qualifying Standards**

First two in each individual running event and the six fastest times across the state.

First place relay team and the next seven fastest times from across the state.

First two in each field event plus automatic qualifiers in Pole Vault & High Jump

First two in each field event plus next six best marks across the state.

### **District Time Schedule**

|       |  |                 |                  |
|-------|--|-----------------|------------------|
| 9:00  | Shot and Discus weight in by the concession stand.                               |                 |                  |
| 9:00  | Coaches Meeting in front of the press box <b><i>Final scratch &amp; add.</i></b> |                 |                  |
| 10:00 | Boys Discus  | Girls Shot      | Boys Triple Jump |
|       | Girls Long Jump  | Girls High Jump | Boys Pole Vault  |
| 11:30 | Boys Shot  | Girls Discus    | Boys Long Jump   |
|       | Girls Triple Jump  | Boys High Jump  | Girls Pole Vault |

#### **Running Events**

|      |   |
|------|---|
| 1:00 | 3200 Relay  |
| 1:30 | 100-Meter-High Hurdles Prelims & 110-Meter-High Hurdles Prelims |
| 1:55 | 100 Meter dash Prelims  |
| 2:15 | 400 Meter dash Finals   |
| 2:35 | 3200 Meter Finals   |
| 3:05 | 200 Meter dash Prelims  |

#### **BREAK**

|      |   |
|------|---|
| 3:50 | 100-Meter-High Hurdles Finals & 110-Meter-High Hurdles Finals |
| 4:10 | 100 Meter dash Finals   |
| 4:25 | 800 Meter run Finals  |
| 4:45 | 300 Meter Low Hurdles & 300 Meter Intermediate Finals         |
| 5:10 | 200 Meter dash Finals   |
| 5:20 | 1600 Meter Finals   |
| 5:40 | 400 Meter Relay   |
| 6:00 | 1600 Meter Relay  |

**Schedule** **We will not run ahead of schedule on running events unless Bad Weather is approaching.**

First call will be given 30 minutes before an event.

Second call will be given 15 minutes before an event.

Final call will be given five minutes before an event.