

2025 HHSAA Track and Field Championships

DAY 1

Friday, May 9, 2025

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	8:40 AM	8:50 AM	9:00 AM
Shot Put	Girls	11:40 AM	11:50 AM	12:00 PM
Long Jump	Girls	9:40 AM	9:50 AM	10:00 AM
Triple Jump	Boys	1:40 PM	1:50 PM	2:00 PM
High Jump	Boys	To follow Discus		est.11:00 AM
Pole Vault	Girls	10:40 AM	10:50 AM	11:00 AM

Implement Verification: Boys Discus - 7:30am to 8:30am. Girls Shot - 10:30am - 11:30am. Uniform and spike inspection to begin at 12:30pm.

Official's meeting at 11:30am

Coaches meeting at 12:00pm

Running Events	Order	1st Call	Last Call	Event Start
4 x 800m Relay	Girls	1:40 PM	1:50 PM	2:00 PM
	Boys	2:10 PM	2:20 PM	2:30 PM
100m High Hurdles	Girls	3:10 PM	3:20 PM	3:30 PM
110m High Hurdles	Boys	3:20 PM	3:30 PM	3:40 PM
100m Dash	Girls	3:30 PM	3:40 PM	3:50 PM
	Boys	3:40 PM	3:50 PM	4:00 PM
1500m Run	Girls	3:50 PM	4:00 PM	4:10 PM
	Boys	4:05 PM	4:15 PM	4:25 PM
4 x 100m Relay	Girls	4:25 PM	4:35 PM	4:45 PM
Unified 1st Heat	Boys	4:35 PM	4:45 PM	4:55 PM
400m Dash	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	4:55 PM	5:05 PM	5:15 PM
300m Hurdles	Girls	5:10 PM	5:20 PM	5:30 PM
	Boys	5:25 PM	5:35 PM	5:45 PM
800m Run	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:40 PM	5:50 PM	6:00 PM
200m Dash	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
3000m run	Girls	To be conducted during Finals		
	Boys	To be conducted during Finals		
4 x 400m Relay	Girls	6:30 PM	6:40 PM	6:50 PM
Unified 1st Heat	Boys	6:45 PM	6:55 PM	7:05 PM

NOTES: 1) Time Schedule subject to change based on entries

2) Minimum 20 min break after Boys 200m dash