

Region 3-AAAAAA 2025 Schedule

Wednesday, April 16th

-1:15pm Coaches Scratch Meeting

-1:30pm Deadline for changes in all field event and running event entries

2:00pm Session I - Field Events

Discus Throw – Boys

Shot Put –Girls

High Jump – Girls & Boys

Long Jump – Girls & Boys

Pole Vault –Boys

Followed By:

Discus Throw – Girls

Shot Put – Boys

Triple Jump - Girls & Boys

Pole Vault –Girls

5:00pm Session II Qualifying Heats for Running Events and 4x800 Meter Relay Finals, ** 2 or 3 Heat- Top 2 plus next best times

Day 1

5:00 pm 100 Meter Hurdles (Girls only)

5:40 pm 110 Meter Hurdles (Boys only)

6:00 pm 100 Meter Dash Prelims

5:40 pm 4 x 800 Meter Relay

6:40 pm 4x200 Meter Relay Finals

7:10 pm 400 Meter Dash Prelims

7:40 pm 300 Meter Hurdles Prelims

8:10 pm 200 Meter Dash Prelims

8:30 pm 1600 Meter Run Final

Friday 4/18/2025

Session III - Finals for Running Events

2:00 pm 100 Meter Hurdles Finals

2:10 pm 110 Meter Hurdles Final

2:20 pm 100 Meter Dash Finals

2:35 pm 800 Meter Run (Section vs. Time)

3:20 pm 4x100 Meter Relay Finals

3:50 pm 400 Meter Run Finals

4:05 pm 300 Meter Hurdles Finals

5:00 pm 200 Meter Dash Finals

5:10 pm 3200 Meter Run Finals

5:45 pm 4x400 Meter Relay Finals