

# 2025 HHSAA Track and Field Championships

DAY 2

Saturday, May 10, 2025

Sponsored by Island Movers

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

**Implement Verification: Boys Discus - 8:30am to 9:30am. Girls Shot - 11:30am to 12:30pm. Official's meeting at 12:00pm**

**Uniform and spike inspection to begin at 1:00pm Coaches meeting at 2:00pm**

**Welcoming Ceremony at 3:30pm**

Running Events	Order	1st Call	Last Call	Event Start
4 x 400m Relay	Unified	3:30 PM	3:40 PM	3:50 PM
4 x 800m Relay	Girls	3:40 PM	3:50 PM	4:00 PM
	Boys	4:10 PM	4:20 PM	4:30 PM
100m High Hurdles	Girls	5:10 PM	5:20 PM	5:30 PM
110m High Hurdles	Boys	5:15 PM	5:25 PM	5:35 PM
100m Dash	Girls	5:20 PM	5:30 PM	5:40 PM
	Boys	5:25 PM	5:35 PM	5:45 PM
1500m Run	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:38 PM	5:48 PM	5:58 PM
4 x 100m Relay	Unified	5:46 PM	5:56 PM	6:06 PM
	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
400m Dash	Girls	6:05 PM	6:15 PM	6:25 PM
	Boys	6:09 PM	6:19 PM	6:29 PM
300m Hurdles	Girls	6:13 PM	6:23 PM	6:33 PM
	Boys	6:17 PM	6:27 PM	6:37 PM
800m Run	Girls	6:21 PM	6:31 PM	6:41 PM
	Boys	6:26 PM	6:36 PM	6:46 PM
200m Dash	Girls	6:31 PM	6:41 PM	6:51 PM
	Boys	6:35 PM	6:45 PM	6:55 PM
3000m run	Girls	6:39 PM	6:49 PM	6:59 PM
	Boys	6:54 PM	7:04 PM	7:14 PM
4 x 400m Relay	Girls	7:09 PM	7:19 PM	7:29 PM
	Boys	7:20 PM	7:30 PM	7:40 PM