



**2025 BOYS 3A TRACK & FIELD SECTIONAL  
HOST SCHOOL: ROSELLE (LAKE PARK)**

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**PRE-MEET SCHEDULE**

**3:15PM** Coaches and Event Worker Meeting w/ Meet Referee  
**4:00PM** Field Events

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**TRACK FINALS**

Subject to change after final # of heats are determined and seeding meeting

**5:20PM** General Announcements & National Anthem  
**5:30PM** Track Finals

EVENT	FIRST CALL	FINAL CHECK IN	EVENT TIME	# OF HEATS
4 X 800 METER RELAY	5:05PM	5:25PM	5:30PM	2
4 X 100 METER RELAY	5:30PM	5:50PM	5:55PM	2
3200 METER RUN	5:40PM	6:00PM	6:05PM	2
110 METER HURDLES	6:10PM	6:30PM	6:35PM	4
100 METER DASH	6:25PM	6:45PM	6:50PM	5
800 METER RUN	6:40PM	7:00PM	7:05PM	3
4 X 200 METER RELAY	6:55PM	7:15PM	7:20PM	2
400 METER DASH	7:05PM	7:25PM	7:30PM	5
300 METER HURDLES	7:25PM	7:45PM	7:50PM	4
1600 METER RUN	7:40PM	8:00PM	8:05PM	3
200 METER DASH	8:00PM	8:20PM	8:25PM	5
4 X 400 METER RELAY	8:20PM	8:40PM	8:45PM	2

The final schedule will not be moved up as the meet progresses except by approval of the Games Committee



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## **SCHEDULE OF FIELD EVENTS**

**4:00PM**

### **Long Jump - 3 Flights**

- 10 Minute Warm Up Period Between Flights
- Flight #1 (North Or South Pit) & Flight #2 (Middle Pit) Trials To Run Concurrently
- Flight #3 Trials & Finals (Middle Pit)
- Three (3) Trials - 9 finalists
- **Qualifying Standard 6.80M (22-4)**

### **Triple Jump - 2 Flights (15 athletes in Flight 1, 14 athletes in Flight 2)**

- 10 Minute Warm Up Period Between Flights
- Flight #1 (North Or South Pit) During Long Jump Finals
- Flight #2 (North Or South Pit) After Flight #1
- Flight #3 Trials & Finals (Middle Pit)
- Three (3) Trials - 9 finalists
- **Qualifying Standard 13.48M (44-3)**

### **Discus - 3 Flights (11 athletes per flight)**

- Discus followed by Shot Put
- Three (3) Trials - 9 finalists
- Discus - 15 Minute Warm Up
- **Qualifying Standard 47.09M (154-6)**

### **Shot Put - 3 Flights (11 athletes per flight)**

- One (1) ring will be used for all flights
- Flight #1 (concurrent with Discus finals)
- Rings #2 (center ring) available for warm up
- Three (3) Trials - 9 finalists
- Shot Put - 15 Minute Warm Up
- **Qualifying Standard 15.82M (51-11)**

### **High Jump - 2 Flights (Best flight will compete first)**

- Flight 1 - 11 athletes      14 athletes in Flight 2
- Flight 1 Start Height: **1.68m/5'2"**, up by 5cm/2in until 1.93m, then up by 1 inch. 1.96, 1.98, 2.01...
- Flight 2 Start Height: **1.58m/5'2"** up by 5cm/2in until 1.93m, then up by 1 inch. 1.96, 1.98, 2.01...
- Bar will not be lowered
- **Qualifying Standard 1.93M (6-4)**

### **Pole Vault Range - 2 Flights (Best flight will compete first)**

- Flight 1 - 14 athletes      12 athletes in Flight 2
- Flight 1 Start Height: **2.66m/8'8"**, 2.96/9'8", then 15cm/6in
- Flight 2 Start Height: **2.66m/8'8"**, 2.96/9'8", then 15cm/6in
- Bar will not be lowered
- **Qualifying Standard 4.16M (13-8)**