



2024-2025

Indoor Track

Schedule & Qualifying Marks

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2024-25 Indoor Track Schedule & Qualifying Standards

DIVISION 1 CHAMPIONSHIP - Wednesday, February 12, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 9, 2025 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Shot Put	4:30 PM	24	31'9"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	4:30 PM	24	15'10"	
Boys Long Jump	Est 5:45 PM	24	19'10"	
Boys Shot Put	Est 6:00 PM	24	43'2"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.71 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	8.45 (FAT ONLY)	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.75 (FAT ONLY)	
Boys 55m Dash Trials	4:50-4:55 PM	32	6.80 (FAT ONLY)	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5'10"	
Girls 1 Mile Final	5:10-5:25 PM	36	05:43.62(5:43.3h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	04:38.54(4:38.3h)	
Girls 600 meters Final	5:35-5:50 PM	36	01:47.57(1:47.3h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	01:28.67(1:28.4h)	
Girls 1000 meters Final	6:00-6:10 PM	36	03:19.28(3:19.0h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 1000 meters Final	6:10-6:20 PM	36	02:45.80(2:45.5h)	
Girls 300 meters Final	6:20-6:30 PM	32	44.69 (FAT ONLY)	
Boys 300 meters Final	6:30- 6:40 PM	32	37.53 (FAT ONLY)	
Girls 2 Mile Final	6:40-7:10 PM	32	12:48.10(12:47.8h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 2 Mile Final	7:10-7:35 PM	32	10:12.66(10:12.4h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	01:52.19(1:51.9h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	7:45-7:55 PM	24	01:35.39(1:35.1h)	
Girls 4x800m Relay	7:55-8:15 PM	24	10:42.98(10:42.7h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	08:38.31(8:38.0h)	
Girls 4x400m Relay	8:35-8:55 PM	24	04:26.17(4:25.9h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	03:38.67(3:38.4h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2024-25 Indoor Track Schedule & Qualifying Standards

DIVISION 2 CHAMPIONSHIP - Thursday, February 13, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 9, 2025 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Shot Put	4:30 PM	24	32'0"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	4:30 PM	24	15'10"	
Boys Long Jump	Est 5:45 PM	24	19'6"	
Boys Shot Put	Est 6:00 PM	24	43'5"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.70 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	8.62 (FAT ONLY)	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.81 (FAT ONLY)	
Boys 55m Dash Trials	4:50-4:55 PM	32	6.88 (FAT ONLY)	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5'8"	
Girls 1 Mile Final	5:10-5:25 PM	36	05:40.35(5:40.1h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	04:49.16(4:48.9h)	
Girls 600 meters Final	5:35-5:50 PM	36	01:48.34(1:48.1h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	01:30.54(1:30.3h)	
Girls 1000 meters Final	6:00-6:10 PM	36	03:20.68(3:20.4h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 1000 meters Final	6:10-6:20 PM	36	02:46.35(2:46.1h)	
Girls 300 meters Final	6:20-6:30 PM	32	45.01 (FAT ONLY)	
Boys 300 meters Final	6:30- 6:40 PM	32	38.17 (FAT ONLY)	
Girls 2 Mile Final	6:40-7:10 PM	32	12:36.37(12:36.1h)	
Boys 2 Mile Final	7:10-7:35 PM	32	10:31.49(10:31.2h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	01:53.01(1:52.7h)	
Boys 4x200m Relay	7:45-7:55 PM	24	01:37.04(1:37.8h)	
Girls 4x800m Relay	7:55-8:15 PM	24	10:45.05(10:45.8h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	08:52.04(8:51.8h)	
Girls 4x400m Relay	8:35-8:55 PM	24	04:24.99(4:24.7h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	03:42.83(3:42.5h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2024-25 Indoor Track Schedule & Qualifying Standards

DIVISION 3 CHAMPIONSHIP - Friday, February 14, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 9, 2025 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Shot Put	4:30 PM	24	29'6"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	4:30 PM	24	15'7"	
Boys Long Jump	Est 5:45 PM	24	19'7"	
Boys Shot Put	Est 6:00 PM	24	41'6"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.66 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	8.86 (FAT ONLY)	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.75 (FAT ONLY)	
Boys 55m Dash Trials	4:50-4:55 PM	32	6.88 (FAT ONLY)	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4'8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5'8"	
Girls 1 Mile Final	5:10-5:25 PM	36	05:50.89(5:50.6h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	04:50.24(4:50.0h)	
Girls 600 meters Final	5:35-5:50 PM	36	01:47.83(1:47.5h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	01:30.62(1:30.3h)	
Girls 1000 meters Final	6:00-6:10 PM	36	03:23.64(3:23.4h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 1000 meters Final	6:10-6:20 PM	36	02:49.40(2:49.1h)	
Girls 300 meters Final	6:20-6:30 PM	32	44.77 (FAT ONLY)	
Boys 300 meters Final	6:30- 6:40 PM	32	37.95 (FAT ONLY)	
Girls 2 Mile Final	6:40-7:10 PM	32	13:02.85(13:02.6h)	
Boys 2 Mile Final	7:10-7:35 PM	32	10:38.13(10:37.8h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	01:54.49(1:54.2h)	
Boys 4x200m Relay	7:45-7:55 PM	24	01:37.78(1:37.5h)	
Girls 4x800m Relay	7:55-8:15 PM	24	10:58.78(10:58.5h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	09:02.09(9:01.8h)	
Girls 4x400m Relay	8:35-8:55 PM	24	04:29.73(4:29.4h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	03:42.63(3:42.3h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2024-25 Indoor Track Schedule & Qualifying Standards

DIVISION 4 CHAMPIONSHIP - Saturday, February 15, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 9, 2025 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Shot Put	10:30 AM	24	30'11"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	10:30 AM	24	15'8"	
Boys Long Jump	Est. 11:45 AM	24	19'2"	
Boys Shot Put	Est 12:00 PM	24	40'1"	
Girls 55m Hurdles Trials	10:30-10:35 AM	32	10.14 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	10:40-10:45 AM	32	8.88 (FAT ONLY)	
Girls 55m Dash Trials	10:45-10:50 AM	32	7.77 (FAT ONLY)	
Boys 55m Dash Trials	10:50-10:55 AM	32	6.93 (FAT ONLY)	
Girls 55m Hurdles Final	10:55-11:00 AM	8		
Boys 55m Hurdles Final	11:00-11:05 AM	8		
Girls 55m Dash Final	11:05-11:08 AM	8		
Boys 55m Dash Final	11:08-11:10 AM	8		
Girls High Jump	11:15 AM	24	4'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	11:15 AM	24	5'8"	
Girls 1 Mile Final	11:10-11:25 AM	36	05:44.95(5:44.7h)	Begins after infield races conclude
Boys 1 Mile Final	11:25-11:35 AM	36	04:58.47(4:58.2h)	
Girls 600 meters Final	11:35-11:50 AM	36	01:47.91(1:47.6h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	11:50-12:00 PM	36	01:31.56(1:31.3h)	
Girls 1000 meters Final	12:00-12:10 PM	36	03:21.20(3:20.9h)	
Boys 1000 meters Final	12:10-12:20 PM	36	02:51.26(2:51.0h)	
Girls 300 meters Final	12:20-12:30 PM	32	44.82 (FAT ONLY)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	12:30-12:40 PM	32	38.30 (FAT ONLY)	
Girls 2 Mile Final	12:40-1:10 PM	32	12:49.10(12:48.8h)	
Boys 2 Mile Final	1:10-1:35 PM	32	11:22.69(11:22.4h)	
Girls 4x200m Relay	1:35-1:45 PM	24	01:53.23(1:52.9h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	1:45-1:55 PM	24	01:38.53(1:38.2h)	
Girls 4x800m Relay	1:55-2:15 PM	24	10:48.94(10:48.7h)	2-turn stagger with a barrel start
Boys 4x800m Relay	2:15-2:35 PM	24	09:16.57(9:16.3h)	
Girls 4x400m Relay	2:35-2:55 PM	24	04:26.96(4:26.7h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	2:55-3:10 PM	24	03:46.33(3:46.0h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2024-25 Indoor Track Schedule & Qualifying Standards

DIVISION 5 CHAMPIONSHIP - Sunday, February 16, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 9, 2025 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Shot Put	1:00 PM	24	29'9"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	1:00 PM	24	15'2"	
Boys Long Jump	Est. 2:15 PM	24	18'10"	
Boys Shot Put	Est 2:30 PM	24	41'0"	
Girls 55m Hurdles Trials	1:00-1:05 PM	32	9.84 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	1:10-1:15 PM	32	9.13 (FAT ONLY)	
Girls 55m Dash Trials	1:15-1:20 PM	32	7.86 (FAT ONLY)	
Boys 55m Dash Trials	1:20-1:25 PM	32	6.92 (FAT ONLY)	
Girls 55m Hurdles Final	1:25-1:30 PM	8		
Boys 55m Hurdles Final	1:30-1:35 PM	8		
Girls 55m Dash Final	1:35-1:38 PM	8		
Boys 55m Dash Final	1:38-1:40 PM	8		
Girls High Jump	1:45 PM	24	4'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	1:45 PM	24	5'8"	
Girls 1 Mile Final	1:40-1:55 PM	36	05:58.61(5:58.3h)	Begins after infield races conclude
Boys 1 Mile Final	1:55-2:05 PM	36	04:57.46(4:57.2h)	
Girls 600 meters Final	2:05-2:20 PM	36	01:49.46(1:49.2h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	2:20-2:30 PM	36	01:32.35(1:32.1h)	
Girls 1000 meters Final	2:30-2:40 PM	36	03:28.65(3:28.4h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 1000 meters Final	2:40-2:50 PM	36	02:54.76(2:54.5h)	
Girls 300 meters Final	2:50-3:00 PM	32	44.90 (FAT ONLY)	
Boys 300 meters Final	3:00-3:10 PM	32	38.28 (FAT ONLY)	
Girls 2 Mile Final	3:10-3:40 PM	32	13:37.55(13:37.3h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 2 Mile Final	3:40-4:05 PM	32	11:05.58(11:05.3h)	
Girls 4 x200m Relay	4:05-4:15 PM	24	01:54.80(1:54.5h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	4:15-4:25 PM	24	01:38.84(1:38.6h)	
Girls 4x800m Relay	4:25-4:45 PM	24	11:19.65(11:19.4h)	2-turn stagger with a barrel start
Boys 4x800m Relay	4:45-5:05 PM	24	09:13.76(9:13.5h)	
Girls 4x400m Relay	5:05-5:25 PM	24	04:31.93(4:31.6h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	5:25-5:40 PM	24	03:47.52	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2024-25 Indoor Track Schedule & Qualifying Standards

MEET OF CHAMPIONS - Saturday, February 22, 2025

ENTRY DEADLINE ON ATHLETIC.NET: 6PM Monday, February 17, 2025 (NO LATE ENTRIES)

Event	Approx. Time	Min Entries	ADDITIONAL INFO
Girls Shot Put	10:30 AM	24	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Long Jump	10:30 AM	24	
Boys Long Jump	Est. 11:45 AM	24	
Boys Shot Put	Est 12:00 PM	24	
Girls Weight Throw	Est. 1:30 PM	15 max	4 throws; no finals;
Boys Weight Throw	Est. 2:30 PM	15 max	Bring own implement - 16cm handles only
Girls 55m Hurdles Trials	10:30-10:35 AM	24	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with heat winners + next best times to fill 8 advancing to finals. Heat winners advance and the remaining slots in the 8-athlete finals will be by best times from the trials after the heat winners.
Boys 55m Hurdles Trials	10:35-10:40 AM	24	
Girls 55m Dash Trials	10:40-10:45 AM	24	
Boys 55m Dash Trials	10:45-10:50 AM	24	
Girls 55m Hurdles Final	10:50-10:55 AM	8	
Boys 55m Hurdles Final	10:55-11:00 AM	8	
Girls 55m Dash Final	11:00-11:03 AM	8	
Boys 55m Dash Final	11:03-11:05 AM	8	
Girls High Jump	11:10 AM	24	Starts at height of lowest qualifier
Boys High Jump	11:10 AM	24	Up 2" (+1" first if odd opening height)
Girls 1 Mile Final	11:05-11:20 AM	24	Begins after infield races conclude
Boys 1 Mile Final	11:20-11:30 AM	24	
Girls 600 meters Final	11:30-11:40 AM	24	Preferred Lanes: 5-6-4-3-2-1
Boys 600 meters Final	11:40-11:50 AM	24	Preferred Lanes: 5-6-4-3-2-1
Girls 1000 meters Final	11:50-11:58 AM	24	
Boys 1000 meters Final	11:58-12:05 PM	24	
Girls 300 meters Final	12:05-12:10 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Boys 300 meters Final	12:10-12:15 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Girls 2 Mile Final	12:15-12:40 PM	24	
Boys 2 Mile Final	12:40-1:05 PM	24	
Girls 4 x200m Relay	1:05-1:20 PM	24	Preferred Lanes: 5-4-3-2 (No 1 or 6)
Boys 4x200m Relay	1:20-1:35 PM	24	Run with a 3-turn stagger
Girls 4x800m Relay	1:35-1:55 PM	24	2-turn stagger with a barrel start
Boys 4x800m Relay	1:55-2:15 PM	24	2-turn stagger with a barrel start
Girls 4x400m Relay	2:15-2:30 PM	24	Preferred Lanes: 5-6-4-3-2-1
Boys 4x400m Relay	2:30-2:45 PM	24	2-turn stagger in lanes

NOTES:

Entry Deadline for Meet of Champions - Monday, February 17, 2025 (6:00 PM). All races seeded slow to fast (except hurdles and dash trials will be serpentine seeding) and all event start times are approximations only--rolling schedule
300 meters will be run in lanes the entire way. There will be NO cut-in.