

DAY 1	NWASAA Zone Track Meet Schedule Friday, May 30, 2025
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Friday	WOMEN						Friday	MEN					
Time	JG	IG	SG	JW	IW	SW	Time	JB	IB	SB	JM	IM	SM
11:30 AM	100 m (H)	100 m (H)	100 m (H)		Disc	Shot	11:30 AM			Javelin			HJ
	LJ												
11:50 AM				100 m (H)	100 m (H)	100 m (H)	11:50 AM						
12:10 PM			Disc	LJ			12:10 PM	100 m (H)	100 m (H)	100 m (H)		TJ	
12:30 PM		HJ					12:30 PM		Shot		100 m (H)	100 m (H)	100 m (H)
12:50 PM	400 m (TF)	400 m (TF)	400 m (TF)				12:50 PM						
1:10 PM				400 m (TF)	400 m (TF)	400 m (TF)	1:10 PM	Disc		LJ	TJ		
1:30 PM		Javelin					1:30 PM	400 m (TF)	400 m (TF)	400 m (TF)	Shot		
1:50 PM			HJ				1:50 PM				400 m (TF)	400 m (TF)	400 m (TF)
2:10 PM	1500 m	1500 m	1500 m	1500 m	TJ	TJ	2:10 PM		LJ				
2:30 PM	Shot				1500 m	1500 m	2:30 PM	1500 m	1500 m				Disc
2:50 PM							2:50 PM			1500 m	1500 m	1500 m	1500 m
3:10 PM	100 m (F)	100 m (F)	100 m (F)	HJ			3:10 PM					Javelin	
3:30 PM			TJ	100 m (F)	100 m (F)	100 m (F)	3:30 PM						LJ
3:50 PM				Disc	Shot		3:50 PM	100 m (F)	100 m (F)	100 m (F)			
4:10 PM						Javelin	4:10 PM		HJ		100 m (F)	100 m (F)	100 m (F)
4:30 PM		TJ					4:30 PM			Shot			
4:50 PM	80 m Hurdles	80 m Hurdles					4:50 PM	80 m Hurdles			Disc	LJ	
5:10 PM			80 m Hurdles	80 m Hurdles	80 m Hurdles		5:10 PM	HJ					
5:30 PM	Javelin					80 m Hurdles	5:30 PM		100 M Hurdles	100 M Hurdles	100 M Hurdles	100 M Hurdles	
5:50 PM							5:50 PM						100 M Hurdles
6:10 PM	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	6:10 PM						
6:30 PM							6:30 PM	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay
6:45 PM				300 m Hurdles	300 m Hurdles	300 m Hurdles	6:45 PM				300 m Hurdles	300 m Hurdles	300 m Hurdles

Pentathlon Events - run at the same time as the Senior Women (SW) and Senior Men (SM) heats and field events.

WHEN POSSIBLE CATEGORIES WILL BE COMBINED FOR 1500m,3000M, HURDLES, & RELAYS

DAY 2	NWASAA Zone Track Meet Schedule Saturday, May 31, 2025
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Saturday	WOMEN						Friday	MEN					
Time	JG	IG	SG	JW	IW	SW	Time	JB	IB	SB	JM	IM	SM
9:00 AM	200 m (H) TJ	200 m (H)	200 m (H)			Disc	9:00 AM			HJ	LJ	Shot	Javelin
9:20 AM				200 m (H)	200 m (H)	200 m (H)	9:20 AM						
9:40 AM		Disc	Javelin	Shot	LJ		9:40 AM	200 m (H)	200 m (H)	200 m (H)			
10:00 AM						HJ	10:00 AM		TJ		200 m (H)	200 m (H)	200 m (H)
10:20 AM	3000 m (F)	3000 m (F)	3000 m (F)				10:20 AM	Shot	Javelin			Disc	
10:40 AM		LJ		3000 m (F)	3000 m (F)	3000 m (F)	10:40 AM				HJ		
11:00 AM				TJ	Javelin		11:00 AM	3000 m (F)	3000 m (F)	3000 m (F)			
11:20 AM			Shot				11:20 AM	LJ			3000 m (F)	3000 m (F)	3000 m (F)
11:40 AM	Disc						11:40 AM					HJ	
12:00 PM	200 m (F)	200 m (F)	200 m (F)			LJ	12:00 PM			TJ			
12:20 PM		Shot			200 m (F)	200 m (F)	12:20 PM	200 m (F)	200 m (F)		Javelin		
									Disc				
12:40 PM	HJ						12:40 PM			200 m (F)	200 m (F)	200 m (F)	200 m (F)
1:00 PM			LJ	Javelin			1:00 PM			Disc			TJ
1:20 PM	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	HJ		1:20 PM	Javelin					Shot
1:40 PM					800 m (TF)	800 m (TF)	1:40 PM	800 m (TF)	800 m (TF)				
2:00 PM							2:00 PM			800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)
2:20 PM	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	2:20 PM						
2:40 PM							2:40 PM	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay

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NWASAA Zone Track Meet Schedule Friday, May 30, 2025

[illegible]

Pentathlon Events - run at the same time as the Senior Women (SW) and Senior Men (SM) heats and field events

WHEN POSSIBLE CATEGORIES WILL BE COMBINED FOR 1500m-3000M, HURDLES, & RELAYS

NWASAA Zone Track Meet Schedule Saturday, May 31, 2025[illegible]

Pentathlon Events - run at the same time as the Senior Women (SW) and Senior Men (SM) heats and field events

WHEN POSSIBLE CATEGORIES WILL BE COMBINED FOR 1500m, 3000M, HURDLES, & RELAYS