

LIBERTY INVITATIONAL TRACK AND FIELD MEET

Saturday, March 29th, 2025

Schedule of Events

(Please note events are not in the same order as the standard dual meet format)

10:30am Coaches Meeting (Scratch Meeting - Locker Room/Sports Med)

Field Events

- 11:00 AM: **Girls: Discus, High Jump, Long Jump, Pole Vault**, (Boys to follow)
Boys: Shot Put, Long Jump
- 11:30 AM: Boys: Javelin, **(Girls to follow)**
- 1:00 PM: **Girls: Triple Jump, Shot Put**
Boys: High Jump, Triple Jump, Discus

Running Events (All Are Timed Finals)

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| 1. Girls 4x800 Meter Relay – 2 Heats (11:00AM) | 4x800R |
| 2. Boys 4x800 Meter Relay – 2 Heats | 4x800R |
| 3. Girls 100 Meter Hurdles 33" – 4 Heats (11:30AM) | 100H |
| 4. Boys 110 Meter Hurdles 39" – 4 Heats | 110H |
| 5. Girls 100 Meter Dash – 4 Heats (11:50AM) | 100 |
| 6. Boys 100 Meter Dash – 4 Heats | 100 |
| 7. Girls 4x200 Meter Relay – 2 Heats (12:05PM) | 4x200R |
| 8. Boys 4x200 Meter Relay – 2 Heats | 4x200R |
| 9. Girls 1,600 Meter Run – 2 Heats (12:20PM) | 1600 |
| 10. Boys 1,600 Meter Run – 2 Heats | 1600 |
| 11. Girls 4x100 Meter Relay – 2 Heats (1:00PM) | 4x100R |
| 12. Boys 4x100 Meter Relay – 2 Heats | 4x100R |
| 13. Girls 400 Meter Dash – 4 Heats (1:10PM) | 400 |
| 14. Boys 400 Meter Dash – 4 Heats | 400 |
| 15. Girls 300 Meter Hurdles 30" – 4 Heats (1:35PM) | 300H |
| 16. Boys 300 Meter Hurdles 36" – 4 Heats | 300H |
| 17. Girls 800 Meter Run – 3 Heats (1:50PM) | 800 |
| 18. Boys 800 Meter Run – 3 Heats | 800 |
| 19. Girls 200 Meter Dash – 4 Heats (2:15PM) | 200 |
| 20. Boys 200 Meter Dash – 4 Heats | 200 |
| 21. Girls 3,200 Meter Run – 1 Heat (2:30PM) | 3.2K |
| 22. Boys 3,200 Meter Run – 1 Heat | 3.2K |
| 23. Girls 4x400 Meter Relay – 2 Heats (3:00PM) | 4x400R |
| 24. Boys 4x400 Meter Relay – 2 Heats | 4x400R |

Note: All events are finals. Starting times are approximate and races may start earlier than shown. All races will follow in the order shown with 1st call 15min. prior to start. Athletes should prepare themselves accordingly. Field event athletes in more than one event must make arrangements with event official to take jumps or throws as time allows.