**SHOCKER TRACK CLUB**

**January Chiller**

**JANUARY 24-25, 2025**

**FIELD EVENTS - Schedule of Events –**

**& = Cafeteria Style Competition (see pages 3 and 4 for details)**

**$$ = Progressive Heights Format**

**Genders will be combined for competition.**

**600p FRIDAY evening $$ Pole Vault (Ages 13-14 and 15-18 and for Both Genders) MEDALS WILL BE AWARDED!**

**700p FRIDAY evening & High School Shot Put (Ages 15-18 for Both Genders) MEDALS WILL BE AWARDED!**

**TBD FRIDAY evening & High School Weight Throw (Ages 15-18 for Both Genders) MEDALS WILL BE AWARDED!**

**700p FRIDAY evening & Triple Jump (Ages 13-14 and 15-18 for Both Genders) MEDALS WILL BE AWARDED!**

**800a SATURDAY Meeting for Coaches – Middle of the Court Area**

**800a SATURDAY & Shot Put (Ages 8U-10) /// THEN 9300a (Ages 11-14) - GENDERS COMBINED**

**900a SATURDAY $$ High Jump (Ages 9-14) /// THEN 1100a (Ages 15-18 High School) - GENDERS COMBINED**

**900a SATURDAY & Long Jump (Ages 13/14 and 15-18 ///THEN 1100a (Ages 8U-12) - GENDERS COMBINED**

**RUNNING EVENTS -Schedule of Events –**

**Competition Order - Youngest to Oldest – Girls then Boys through all age groups**

**Time Schedule - Rolling Schedule – Listen for announcements!**

* **1100a (Approximate Start Time)**
  + **60m Hurdles -**
    - **Timed Finals (11/12, 13/14)**
    - **Prelims (15-18 (High School))**
    - *Note - If fewer than 7 athletes check-in for the 60m Hurdles Preliminary Races in the 15-18 age group, then that Preliminary Race will be run as a Final and no Final will be conducted later in the meet.*
  + **60m Dash -**
    - **Timed Finals (Ages 8U, 9/10, 11/12, 13/14)**
    - **Prelims (15-18 (High School))**
    - *Note - If fewer than 7 athletes check-in for the 60m Dash Preliminary Races in the 15-18 age group, then that Preliminary Race will be run as a Final and no Final will be conducted later in the meet.*
  + **SHORT BREAK – Maximum 30 minutes - Length determined by Meet Director**
* **100p (Approximate Start Time) - Rolling schedule as follows -** 
  + **1600m**
  + **60m Hurdles FINALS (Ages 15--18)**
  + **60m Dash FINALS (Ages 15-18)**
  + **400m FINALS**
  + **BREAK – Maximum 15 minutes**
  + **800m FINALS**
  + **200m FINALS**
  + **3200m FINALS**

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