



MARTIN'S POINT®  
HEALTHCARE

## 2025 Track & Field Time Schedule

### Field Events

**10 a.m.**

Hammer – M

Shot Put – W

High Jump – W-Men to Follow

Long Jump – W

**11:15 a.m.**

Hammer – W

Shot Put – M

Long Jump – M

**11:30 a.m.**

Javelin – M

**12:00 p.m.**

Discus – W

**12:30 p.m.**

Triple Jump M/W

**1 p.m.**

Discus – M

Javelin – W

### Running Events (Women First)

10:00 – 50 Meter Dash

10:20 – 1500 Meter Run

10:50 – 100 Meter Dash

11:20 – 400 Meter Dash

11:40 – 1500 Meter Power Walk

12:05 – All Ages Mile – reg. on site

12:25 – 4 X 100 Relay

12:40 – 800 Meter Run

1:05 – 200 Meter Dash

1:30 – 3000 Meter Run

1:50 – 1500 Meter Racewalk

2:10 – Exhibition Coed 4 x 200 Relay

(Teams formed on site)

*“Athletics for Adults”*

*Get Fit*

*Have Fun*

*Make Friends*