

# **EASTERN STATES SCHEDULE OF EVENTS**

**The Armory, New York City, Tuesday March 4, 2025**

Event	boys	girls
<b><u>running</u></b>		
55 hurdle trials	4:30	4:40pm
55 dash trials	4:50	5:00
55 hurdle semis	5:10	5:15
55 dash semis	5:20	5:25
200 trials	5:30	5:45
Distance Medley	6:00	6:15
55 hurdle final	6:35	6:30
55 dash final	6:40	6:45
4X200 trials	7:00	7:05
4X800	7:10	7:30
4X200 final	7:50	7:55
2 mile run	8:00	8:20
200 dash - final	8:35	8:40
800 run - final	8:45	8:50
400 dash - final	9:00	9:15
1 mile run	9:20	9:30
4X400 relay	9:40	9:50

## **field**

High Jump	7:00 (2 pits)	7:00
Pole Vault	4:30	(After Boys)
Shot Put	7:00	5:00
Triple Jump	7:00	5:00
Long Jump	5:00	7:00

The meet may run up to 20 minutes ahead of schedule.

55 dash & hurdle athletes must be checked in by 4:00 !!!

All others check in at least 1/2 hour (30min) prior to event.