

2025 Red and White Meet

ALL athletes (distance, sprints, field) are expected to help set up, clean up, and move hurdles.

ALL SPRINTERS/HURLDERS are expected to compete in at least one shorter race and one longer race as well as any field events they are working on. It would also be beneficial to run an extra race (but you can only have 4 total events).

For example, most sprinters should run the 100m and the 400m or the 200m, but it would be beneficial to run all 3 for sprint endurance training purposes.

Purposes of the meet:

- 1) We want to see where we are at to help set goals and training strategies.
- 2) We want to get used to a meet atmosphere to prepare for other meets. This isn't an official meet, but we treat it as such so we can be ready.

These are ESTIMATED start times only! We may get ahead or behind.

2:45 pm - 3200m (boys and girls combined)

3:00 pm - 100h

3:15 pm - 110h

3:25 pm - Girls 1600m

3:33 pm - Boys 1600m

3:40 pm - Girls 400m

3:45 pm - Boys 400

3:55 pm - Girls 300h

4:05 pm - Boys 300h

4:15 pm - Girls 800m

4:20 pm - Boys 800m

4:25 pm - Girls 200m

4:35 pm - Boys 200m

4:45 pm – Clean Up (EVERYONE!)

No Relays

Field Events:

- **Long Jump** is “open pit” – get your 3 jumps in when you are not doing your other events.
- **Pole Vault** warm ups start at 2:45 and we start low and move the bar up from there boys and girls combined.
- **High Jump** warm ups start at 2:15 and we start low and move the bar up from there boys and girls combined.
- **Shot Put** and **Discus** will start at 2:45 and are “open pit”. Get your throws done and then move to the next.
- **Javelin** will likely start once the shot put or discus finishes.