



**SNC Last Chance**  
**May 12, 2025**  
**MEET INFORMATION**



**FIELD EVENTS**

All field events will be limited to the top 12 entries.  
Prelims followed by Finals- Top 9 will advance to Finals

4:00 p.m. – 4:45 p.m. WEIGH-IN

5:00 p.m. Discus- Women followed by Men

THEN Hammer- Men followed by Women

THEN Shot put- Men followed by Women

5:00 p.m. Javelin- Women followed by Men(*Some athletes may be throwing Disc/Jav concurrently*)

6:00 p.m. Pole Vault- Women followed by Men

Men's progression: 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15, 5.20

Women's progression: 3.26, 3.41, 3.56, 3.71, 3.81, 3.86, 3.91, 3.96, 4.01

6:00 p.m. High Jump- Men followed by Women

Men's progression: 1.87, 1.92, 1.97, 2.02, 2.07, 2.10

Women's progression: 1.48, 1.53, 1.58, 1.63, 1.68, 1.71

6:00 p.m. Triple Jump- (2 pits...M&W) followed by Long Jump (2 pits...M&W)

TBA Long Jump- Starts 20 minutes after Triple Jump

**RUNNING EVENTS**

Time Schedule: FIXED TIME SCHEDULE- We will not run ahead

**MEN run first in all events**

**7:00 p.m.** 1,500 Meters(M-1 Section, W-1 Section)

**7:20 p.m.** 400 Meters(M-1 Section, W-1 Section)

**7:35 p.m.** 100m- Finals(M-5 Sections, W-4 Sections)

**7:50 p.m.** 800 Meters(M-1 Section, W-1 Section)

**8:15 p.m.** 400 Meter Hurdles(M-1 Section, W-1 Section)

**8:35 p.m.** 200 Meters(M-1 Section, W-1 Section)

**8:45 p.m.** *End Time on the Track(approximately)*