



LCC Open

Saturday, March 15, 2025

MEET SCHEDULE

Field Events

Women's Javelin	9:00
Men to follow	
Men's Discus	9:00
Women to follow	
Men's Long Jump	9:00
Women to follow	
Men's Triple Jump to follow	
Women's triple Jump to follow	
Women's High Jump	10:30
Men to follow	
Men's Hammer	12:00
Women to follow	
Women's Pole Vault	1:30
Men to Follow	
Men's Shot Put	1:30 (approx)
Women to Follow	

Track Events

Scheduled Times or Rolling schedule after completion of 4 x 100m Relays

10:30 Women's 3000 Run
10:45 Men's 3000m Run
11:00 Women's 3000m Steeplechase
11:15 Men's 3000m Steeplechase
11:30 Women's 4x100m Relay
11:40 Men's 4x100m Relay *Rolling schedule after completion of 4 x 100m Relays* Note: These are approximate starting times.*
11:50 Women's 1500m Run
12:10 Men's 1500m Run
12:30 Women's 100m Hurdles
12:45 Men's 110m Hurdles
1:00 Women's 400m Dash
1:10 Men's 400m Dash
1:25 Women's 100m Dash
1:45 Men's 100m Dash
2:05 Women's 800m Run
2:20 Men's 800m Run
2:40 Women's 400m Hurdles
2:55 Men's 400m Hurdles
3:10 Women's 200m Dash
3:30 Men's 200m Dash
4:00 Women's 5,000m Run
4:25 Men's 5,000m Run
4:45 Women's 4 x 400 Meter Relay
4:55 Men's 4 x 400 Meter Relay