



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