

TRACK AND FIELD EVENT

Meet Schedule

AS of 5/15/2025

9:00 AM	400 Meter Hurdles (36")	Boys Age 15 yrs and Up	(1 heat)
	400 Meter Hurdles (30")	Girls Ages 15yrs and Up	(1 heat)
	200 Meter Hurdles (30")	13 – 14 yr Division	(1 heat)
	3000 Meter Run	Age 11 and up	(Section 1: All)
	100 Meter Dash	13 – 18 yr, Open and Masters	
	1500 Meter Race Walk	13 – 18 yr, Open and Masters	(1 heat)
	400 Meter Dash	13 – 18 yr, Open and Masters	
	1500 Meter Run	13 – 18 yr, Open and Masters	(Section 1: All Girls)
			(Section 2: All Boys)
	4x100 Meter Relay	13 – 18 yr, Open and Masters	(1 heat)
	110 Meter Hurdles	Boys 15 yrs and up	
	100 Meet Hurdles	Girls 13 yrs and up, Boys 13-14	
	80 Metter Hurdles	Ages 11 and 12	
	800 Meter Run	11 – 18 yr, Open and Masters	
	200 Meter Dash	13- 18 yrs, Open and Masters	
	4x400 Meter Relay	13–18 yrs, Open and Masters	
	100 Meter Dash	12 and Under	
	1500 Meter Run	9 – 12 yrs	
	400 Meter Dash	7 – 12 yrs	
	4x100 Meter Relay	7 – 12 yrs	
	800 Meter Run	7 – 10 yrs	
	200 Meter Dash	12 yrs and Under	
	1500 Meter Race Walk	7 – 12 yrs	
	4x400 Meter Relay	7 – 12 yrs	

Field Event Finals

9:00 AM	Long Jump Pit A	Flight 1: 8U Boys Flight 2 9-10 Boys Flight 3 11-14 Boys Flight 4 15-18 Boys
	Long Jump Pit B	Flight 1: 10U Girls Flight 2: 11-14 Girls Flight 3 15-18 Girls Flight 4: 6U Boys and Girls
	Triple Jump	All Ages to be competed after Long Jump
	Shot Put	Flight 1: 8U Boys and Girls Flight 2: 9-14 Girls and 9-12 Boys Flight 3: 13-14 Boys, 15-18 Girls, Masters Women Flight 4: 15-18 Boys, Masters Men
	Discus	Flight 1: Open, Masters, 13–18 Boys, Flight 2: Open, Masters 13-18 Girls Flight 3: 11-12 Boys and Girls
	Javelin	Flight 1: 11-12 Boys and Girls Flight 2: 10U Boys and Girls Flight 3: Open, Masters, 13 – 18 yrs Girls Flight 4: Open, Masters, 13 – 18 yrs Boys

09:00 AM Pole Vault 13-18 Boys and Girls

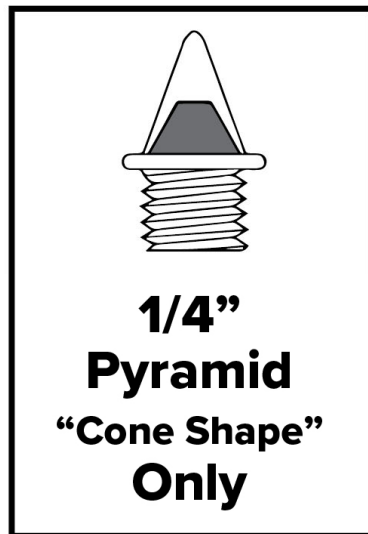
11:00 AM High Jump 9 yrs on up

Field Events will be contested with each entry having three (3) attempts except for high jumps. The competition rules apply. No Finals, event awards are based on top competitors in each age division. All events will follow the order stipulated.

FACILITY REGULATIONS

SPIKES

- Any athletes competing with spikes that are prohibited will be disqualified.
- Acceptable spikes:
 - o 1/4" pyramids



TAPE

- Tape for any marking on the track surface must be white athletic tape.

NO other tape will be allowed. Chalk is prohibited for any marking.

Athletes caught using chalk will be disqualified

FOOD & DRINK

- Water is the only permitted drink allowed on the rubber surface at Live Oak Track
- Team food is only permitted in the bleachers at Live Oak Track and Football Stadium

Running Events

Athlete Check-In: Blue Tent
at 50-yard line (See Map)

4x100 Meter Relay:

-30-meter exchange zone

-Start line-white

4x200 Meter Relay

-30-meter exchange zone

-Start-Red and White Line

-Exchanges from 1 to 2 and 2
to 3-Between the red line.

Exchange from 3 to 4-
Between the gold line.

4x400 Meter Relay (3-turn stagger)

-Start-White and Blue Line

-20-meter exchange zone
between blue marks

Note: Live Oak's track has
30-meter exchange zones for
the 4x100m.


800 Meter Run: Use one-turn
stagger (for championship
meets)-runner may move to
inside beyond cones on back
straightaway if he/she has
more than one stride
advantage on contestants on
inside.

1600- and 3200-Meter Run
(and possibly 800m run): Use
waterfall start-runner may
move to inside if he/she has
more than one stride

advantage over contestants on his/her inside. For large fields we may use double waterfall start

Live Oak **TRACK KEY**

100 HURDLES

LINE 

110 HURDLES

LINE 

300 HURDLES

400 HURDLES

4X100 RELAY (2 TURN)


START LINE 

EXCHANGE ZONE 

4X200 RELAY (4 TURN)

START LINE 

EXCHANGE ZONE 1->2, 2->3 

EXCHANGE ZONE 3->4 

4X400 RELAY (3 TURN)

START LINE 

EXCHANGE ZONE 

4X800 RELAY

START LINE 

EXCHANGE ZONE 

SHOT

DISCUS

JUMPS

**HIGH
JUMP**

POLE VAULT

JAVELIN

EAGLES

ATHLETIC TRAINER

CHECK IN

**TEAM
AREAS**

**BUS
PARKING**

GATE

**ATHLETES ENTRANCE
TO TRACK**

**CONSESSIONS
+ RESTROOMS**

**HOSPITALITY ROOM
COACHES MEETING**

