



## Dutch Holiday Preview - Friday December 12<sup>th</sup>, 2025

### Saturday

#### Field Events:

|          |                               |
|----------|-------------------------------|
| 10:00 am | Long Jump (W/M)               |
|          | - Triple Jump to Follow (W/M) |
| 10:00 am | Weight Throw (W/M)            |
|          | - Shotput to Follow (W/M)     |
| 10:00 am | Pole Vault (M/W)              |
| 10:00 am | High Jump (M/W)               |

#### Running Events: (Times are currently only Estimates-we will finalize after entries close)

|          |                                 |   |
|----------|---------------------------------|---|
| 12:00 pm | W-60m Hurdle Prelims (sections) | <i>Heat Winner plus next best times advance to finals</i> |
| 12:10 pm | M-60m Hurdle Prelims (sections) | <i>Heat Winner plus next best times advance to finals</i> |
| 12:20 pm | W-60m Dash Prelims (sections)   | <i>Heat Winner plus next best times advance to finals</i> |
| 12:30 pm | M-60m Dash Prelims (sections)   | <i>Heat Winner plus next best times advance to finals</i> |
| 12:40 pm | W-3k (section)                  |   |
| 12:55 pm | M-3k (section)                  |   |
| 1:10 pm  | M-60m Hurdle Finals (section)   |   |
| 1:20 pm  | W-60m Hurdle Finals (section)   |   |
| 1:30 pm  | W-60m Dash Finals (section)     |   |
| 1:35 pm  | M-60m Dash Finals (section)     |   |
| 1:40 pm  | W- Mile (section)               |   |
| 1:50 pm  | M- Mile (Section)               |   |
| 2:00 pm  | W- 1000m Run (section)          |   |
| 2:10 pm  | M- 1000m Run (Section)          |   |
| 2:20 pm  | W-300m (sections)               |   |
| 2:30 pm  | M-300m (sections)               |   |
| 2:40 pm  | W-600m (sections)               |   |
| 2:50 pm  | M-600m (section)                |   |
| 3:00 pm  | W-200m (sections)               |   |
| 3:10 pm  | M-200m (sections)               |   |
| 3:20 pm  | W-4x400 (sections)              |   |
| 3:30 pm  | M-4x400 (sections)              |   |