

## 2025 SOUTH & CENTRAL ZONES CHAMPIONSHIPS – MAY 13<sup>TH</sup> 2025

### FINAL SCHEDULE – AS OF MAY 10<sup>TH</sup>

#### FIELD EVENTS

*Athletes will be given 1 practice and 3 measured attempts.*

*Field events will be considered finished once the final jump/throw is complete, or 30 minutes after the start time if no athletes have arrived*

TIME	DISCUS	JAVELIN	SHOT PUT	HAMMER	LONG JUMP	TRIPLE JUMP	HIGH JUMP	POLE VAULT
10:00 AM	SR. Girls (7)	SR. Boys (9)	Gr. 8 Boys(6)		Gr 8 Girls – Flight 1 (14)	SR. B & G (4/1)	JR. Girls (9)	
11:00 AM	Gr 8 Girls (16)	JR. Girls (14)	JR. Boys(11)		Gr 8 Girls – Flight 2 (15)		Gr. 8 Boys (15)	
12:00 PM	SR. Boys (8)	Gr 8 Girls (14)	JR. Girls(11)		Gr. 8 Boys (15)	JR. Boys (5)	SR. Girls (5)	Gr. 8-12 B&G (4)
1:00 PM	JR. Boys (14)	Gr. 8 Boys(13)	SR. Girls(5)		SR. Boys (17)	Gr. 8 Boys (5)	Gr 8 Girls (15)	
2:00 PM	Gr. 8 Boys (15)	JR. Boys (13)	SR. Boys(5)		SR. Girls (11)	JR. Girls (11)	SR. Boys (8)	
3:00 PM	JR. Girls (13)	SR. Girls (10)	Gr 8 Girls(14)		JR. Girls – Flight 1 (14)	Gr 8 Girls (13)	JR. Boys (4)	
4:00 PM				JR/SR G (11)	JR. Girls – Flight 2 (12)			
5:00 PM				JR/SR B (10)	JR. Boys (8)			

#### IMPLEMENT SPECIFICATIONS

	DISCUS	JAVELIN	SHOT PUT	HAMMER
GRADE 8 GIRLS	1kg	500g	3kg	3kg
GRADE 8 BOYS	1kg	600g	4kg	4kg
JUNIOR GIRLS	1kg	500g	3kg	3kg
JUNIOR BOYS	1.5kg	700g	5kg	5kg
SENIOR GIRLS	1kg	600g	4kg	4kg
SENIOR BOYS	1.75kg	800g	6kg	6kg

#### HURDLE SPECIFICATIONS

	BOYS	GIRLS
GRADE 8	100m - 33" (0.84m)	80m – 30" (0.762m)
GRADE 8	200m - 30" (0.762m)	200m - 30" (0.762m)
JUNIOR	100m - 36" (0.914m)	80m – 30" (0.762m)
JUNIOR	300m - 33" (0.84m)	300m - 30" (0.762m)
SENIOR	110m - 36" (0.914m)	100m – 33" (0.84m)
SENIOR	400m - 36" (0.914m)	400m - 30" (0.762m)

#### STEEPLECHASE SPECIFICATIONS

	BOYS	GIRLS
JUNIOR	1500m - 30" (0.762m) w/ water	1500m - 30" (0.762m) w/water
SENIOR	2000m - 33" (0.84m) w/ water	2000m - 30" (0.762m) w/water