

Minnesota State True Team Track & Field Championships 2025

Field Events	Saturday Class A	Saturday Class AA	Friday Class AAA
Field Events Begin	10:00 AM	4:00 PM	3:00 PM
Girls Discus			
Boys Shot Put			
Pole Vault (<i>boys inside</i>)			
Boys HJ followed by Girls HJ			
Long Jump (see separate sheet for procedure)			
Boys Flight #1	10:00 AM	4:00 PM	3:00 PM
Boys Flight #2	11:00	5:00	4:00
Boys Flight #3	-	-	5:00
Girls Flight #1	12:00 PM	6:00	6:00
Girls Flight #2	1:00	7:00	7:00
Girls Flight #3	-	-	8:00
Triple Jump (see separate sheet for procedure)			
Girls Flight #1	10:00 AM	4:00 PM	3:00 PM
Girls Flight #2	11:00	5:00	4:00
Girls Flight #3	-	-	5:00
Boys Flight #1	12:00 PM	6:00	6:00
Boys Flight #2	1:00	7:00	7:00
Boys Flight #3	-	-	8:00
Girls Shot Put (<i>following boys-(approx. times)</i>)	11:45	5:15	6:00
Boys Discus (<i>following girls - approx. times</i>)	11:45	5:15	6:00
Running Events	Saturday Class A	Saturday Class AA	Friday Class AAA
4 X 800 Meter Relay (Girls)	10:15 AM	4:00 PM	4:00 PM
4 X 800 Meter Relay (Boys)	10:30	4:15	4:15
100 Meter High Hurdles (Girls)	10:45	4:30	4:30
110 Meter High Hurdles (Boys)	11:00	4:45	4:45
100 Meter Dash (Girls)	11:10	4:55	5:00
100 Meter Dash (Boys)	11:20	5:05	5:15
4 X 200 Meter Relay (Girls)	11:30	5:15	5:30
4 X 200 Meter Relay (Boys)	11:40	5:25	5:40
1600 Meter Run (Girls)	11:50	5:35	5:50
1600 Meter Run (Boys)	12:05 PM	5:55	6:05
4 X 100 Meter Relay (Girls)	12:20	6:10	6:20
4 X 100 Meter Relay (Boys)	12:30	6:20	6:30
400 Meter Dash (Girls)	12:40	6:30	6:40
400 Meter Dash (Boys)	12:45	6:30	6:50
300 Meter Hurdles (Girls)	1:00	6:45	7:05
300 Meter Hurdles (Boys)	1:10	6:55	7:20
800 Meter Run (Girls)	1:25	7:10	7:40
800 Meter Run (Boys)	1:35	7:20	7:55
200 Meter Dash (Girls)	1:45	7:30	8:10
200 Meter Dash (Boys)	1:55	7:40	8:20
3200 Meter Run (Girls)	2:05	7:50	8:35
3200 Meter Run (Boys)	2:25	8:10	8:55
4 X 400 Meter Relay (Girls)	2:45	8:30	9:15
4 X 400 Meter Relay (Boys)	3:00	8:45	9:30
Awards	3:15	9:00	9:45

*****Worker
Information: Arrival
and Meet
Time*****
Friday AAA: Arrive
by 2:00 for field
events, running
events by 3:30
Saturday A and AA:
Arrive by 9:00 for
field events,
running events by
9:45
Pick-up gear boxes
on track at your
event or on the HJ
apron. There will be
9
boxes, make sure
you get the
assigned box for
that event: LJ, TJ,
Boys HJ,
Girls HJ, Girls PV,
Boys PV, Discus,
Shot, Finish Line/
Track Judges.