

**2025 CENTRAL COAST SECTION TRACK & FIELD CHAMPIONSHIPS – proposed to accommodate 4x800 semis**  
**Meet Schedules**

*Note: Semifinal time schedule may be affected if extra heats/competitors are added due to at-large qualifiers*

| RUNNING EVENTS                                  |                                       |         |                   | FIELD EVENTS                               |                                       |                    |
|-------------------------------------------------|---------------------------------------|---------|-------------------|--------------------------------------------|---------------------------------------|--------------------|
| Semifinals:<br>Sat, May 17<br>@ Gilroy HS       | Finals:<br>Sat, May 24<br>@ Gilroy HS | Gender  | EVENT             | Semifinals:<br>Sat, May 17<br>@ Gilroy HS  | Finals:<br>Sat, May 24<br>@ Gilroy HS | EVENT              |
| <del>11:00</del> 10:00                          | 4:45                                  | Girls   | 4x100 M Relay     | 10:00                                      | 3:00                                  | Girls Pole Vault   |
| <del>11:20</del> 10:20                          | 4:50                                  | Boys    |                   |                                            |                                       |                    |
| <del>11:40</del> 10:40                          | 5:00                                  | Girls   | 1600 M            | 10:00                                      | 3:05                                  | Boys Discus        |
| <del>12:00</del> 11:00                          | 5:10                                  | Boys    |                   |                                            |                                       |                    |
| <del>12:20</del> 11:20                          | 5:25                                  | Girls   | 100/110 M Hurdles | 10:05                                      | 3:10                                  | Boys Long Jump     |
| <del>12:40</del> 11:40                          | 5:35                                  | Boys    |                   |                                            |                                       |                    |
| -                                               | 5:45                                  | Para/Am | 400 M             | 10:10                                      | 3:15                                  | Girls Long Jump    |
| <del>1:00</del> 12:00                           | 5:50                                  | Girls   |                   |                                            |                                       |                    |
| <del>1:20</del> 12:20                           | 5:55                                  | Boys    |                   |                                            |                                       |                    |
| <del>1:40</del> 12:40                           | 6:05                                  | Girls   | 100 M             | 10:15                                      | 3:20                                  | Girls Shotput      |
| <del>1:55</del> 12:55                           | 6:10                                  | Boys    |                   | -                                          | 4:20                                  | Wheelchair Shotput |
| -                                               | 6:15                                  | Para/Am |                   | -                                          | 4:30                                  | Para/Am. Shotput   |
| <del>2:15</del> 1:15                            | 6:20                                  | Girls   | 800 M             | -                                          | 5:00                                  | Unified Shotput    |
| <del>2:30</del> 1:30                            | 6:30                                  | Boys    | 300 M Hurdles     | 10:20                                      | 3:25                                  | Boys High Jump     |
| <del>2:45</del> 1:45                            | 6:40                                  | Girls   |                   |                                            |                                       |                    |
| -                                               | 6:50                                  | Boys    | 4x100 M Relay     | 1:50                                       | 5:30                                  | Boys Pole Vault    |
| -                                               | 7:00                                  | Unified |                   |                                            |                                       |                    |
| <del>3:20</del> 2:20                            | 7:10                                  | Girls   | 200 M             | 2:00                                       | 5:35                                  | Girls Discus       |
| <del>3:35</del> 2:35                            | 7:15                                  | Boys    |                   |                                            |                                       |                    |
| -                                               | 7:20                                  | Para/Am | 4x800 M Relay     | 2:00                                       | 5:40                                  | Girls High Jump    |
| 2:50                                            | 7:25                                  | Girls   |                   |                                            |                                       |                    |
| 3:10                                            | 7:40                                  | Boys    |                   |                                            |                                       |                    |
| -                                               | 7:55                                  | Unified | 100 M             | 2:05                                       | 5:40                                  | Girls Triple Jump  |
| 3:50                                            | 8:05                                  | Girls   | 3200 M            | 2:10                                       | 5:45                                  | Boys Triple Jump   |
| 4:20                                            | 8:25                                  | Boys    |                   |                                            |                                       |                    |
| 4:50                                            | 8:40                                  | Girls   | 4x400 M Relay     | 2:15                                       | 5:55                                  | Boys Shotput       |
| 5:20                                            | 8:50                                  | Boys    |                   |                                            |                                       |                    |
| IMPLEMENT CERTIFICATION                         |                                       |         |                   |                                            |                                       |                    |
| Semifinals: Sat, May 11: 9:00-10:15 & 1:00-2:15 |                                       |         |                   | Finals: Sat, May 18: 2:00-3:20 & 4:35-5:55 |                                       |                    |