

The 63rd USFHK Annual Athletic Meet

Event Schedule

Day 1 (8 Mar 2025)

Event	Time	Roll Call Time		Men		Women		Heat / Final
		Track	Field	Track	Field	Track	Field	
1	13:00		12:15 - 12:25		Pole Vault			Final
2			12:25 - 12:35		Triple Jump			Final
3			12:25 - 12:35		Javelin Throw			Final
4		12:40 - 12:50			110mH			Heat
5	13:20	13:00 - 13:10				100mH		Heat
6	13:40	13:20 - 13:30		200m				Heat
7	13:50	13:30 - 13:40				200m		Heat
8	14:00	13:40 - 13:50		1500m				Final
9	14:20	14:00 - 14:10				1500m		Final
10	14:50	14:30 - 14:40				100mH		Final
11	15:00	14:40 - 14:50		110mH				Final
12			14:25 - 14:35				Javelin Throw	Final
13	15:10	14:50 - 15:00		200m				Final
14	15:20	15:00 - 15:10				200m		Final
15	15:40	15:20 - 15:30		4X400m Relay				Final
16	16:00	15:40 - 15:50				4X400m Relay		Final

Day 2 (9 Mar 2025)

Event	Time	Roll Call Time		Men		Women		Heat / Final
		Track	Field	Track	Field	Track	Field	
17	9:00		8:25 - 8:35		Discus Throw			Final
18			8:40 - 8:50		400mH			Final
19	9:20	9:00 - 9:10		5000m				Final
20	9:30		8:55 - 9:05		Long Jump			Final
21	9:45		9:10 - 9:20				High Jump	Final
22			9:10 - 9:20				Shot Put	Final
23	10:00	09:40 - 09:50				5000m		Final
24	10:40	10:20 - 10:30				400m		Heat
25	10:50	10:30 - 10:40		400m				Heat
26	11:10	10:50 - 11:00				100m		Heat
27	11:20	11:00 - 11:10		100m				Heat
28	11:30	11:10 - 11:20				800m		Final
29	11:40	11:20 - 11:30		800m				Final
LUNCH								
30	12:30		11:55 - 12:05				Discus Throw	Final
31	13:00		12:25 - 12:35				Long Jump	Final
32	13:15		12:40 - 12:50		High Jump			Final
33			12:40 - 12:50		Shot Put			Final
34	13:30	13:10 - 13:20				100m		Final
35	13:40	13:20 - 13:30		100m				Final
36	13:50	13:30 - 13:40				400m		Final
37	14:00	13:40 - 14:50		400m				Final
38	14:20	13:50 - 14:10				4X100m Relay		Final
39	14:40	14:20 - 14:30		4X100m Relay				Final
		15:00	Closing and Prize Presentation Ceremony					