

2025 District Track & Field Meet @ Ross High School

Wednesday May 21st

Field Events begin @ 4:00 pm

Running Events begin @ 6:00 pm

Boys

Pole Vault

Long Jump

Discus

Girls

Shot Put

High Jump

1. Girls 4 x 800m Relay Finals

2. Boys 4 x 800m Relay Finals

3. Girls 100m 33 inch Hurdles Semis*

4. Boys 110m 39 inch Hurdles Semis *

5. Girls 100m Dash Semis *

6. Boys 100m Dash Semis *

7. Girls 4 x 200m Relay Semis *

8. Boys 4 x 200m Relay Semis *

9. Girls 1600m Run Semis (if necessary)

10. Boys 1600m Run Semis (if necessary)

11. Girls 4 x 100m Relay Semis (a) *

12. Boys 4 x 100m Relay Semis (b) *

13. Girls 400m Dash Semis *

14. Boys 400m Dash Semis *

15. Girls 300m 30 inch

16. Boys 300m 36 inch Hurdles Semis *

17. Girls 800m Run Semis

18. Boys 800m Run Semis

19. Girls 200m Dash Semis *

20. Boys 200m Dash Semis *

21. Girls 3200m Run Semis (if necessary)

22. Boys 3200m Run Semis (if necessary)

23. Girls 4 x 400m Relay Semis (c) *

24. Boys 4 x 400m Relay Semis (d) *

Friday May 23rd

Field Events begin @ 4:00 pm

Running Events begin @ 6:00 pm

Boys

Girls

Shot Put

Discus

High Jump

Long Jump

Pole Vault

1. Girls 100m 33" Hurdles

12. Boys 400m Dash

2. Boys 110m 39" Hurdles

13. Girls 300m 30" Hurdles

3. Girls 100m Dash

14. Boys 300m 36" Hurdles

4. Boys 100m Dash

15. Girls 800m Run

5. Girls 4 x 200m Relay

16. Boys 800m Run

6. Boys 4 x 200m Relay

17. Girls 200m Dash

7. Girls 1600m Run

18. Boys 200m Dash

8. Boys 1600m Run

19. Girls 3200m Run

9. Girls 4 x 100m Relay

20. Boys 3200m Run

10. Boys 4 x 100m Relay

21. Girls 4 x 400m Relay

11. Girls 400m Dash

22. Boys 4 x 400m Relay