

105th RUSSELL CUP TRACK & FIELD MEET

April 19, 2025

Oder of Events*

EVENT		TIME	EVENT		TIME
1. FS Girls	4 x 100 RELAY	9:30	41. FS Girls	LONG JUMP	9:00
2. FS Boys			42. V Girls	LONG JUMP	11:30
3. V Girls			43. FS Girls	TRIPLE JUMP	1:30
4. V Boys			44. V Girls	TRIPLE JUMP	3:30
5. FS Girls	1600 METERS	10:00	(East Pit)		
6. FS Boys			45. FS Boys	TRIPLE JUMP	9:00
7. V Girls			46. V Boys	TRIPLE JUMP	11:30
8. V Boys			47. FS Boys	LONG JUMP	1:30
9. FS Girls	100 HURDLES	11:00	48. V Boys	LONG JUMP	3:30
10. V Girls			(Infield Pit)		
11. FS Boys	110 HURDLES				
12. V Boys			49. V Boys	HIGH JUMP	9:00
13. FS Girls	400 METERS	11:30	50. FS Girls	HIGH JUMP	11:00
14. FS Boys			51. V Girls	HIGH JUMP	1:00
15. V Girls			52. FS Boys	HIGH JUMP	3:00
16. V Boys					
BREAK					
17. FS Girls	100 METERS	12:45	53. V Girls	POLE VAULT	9:00
18. FS Boys			54. FS Boys	POLE VAULT	11:00
19. V Girls			55. V Boys	POLE VAULT	1:00
20. V Boys			56. FS Girls	POLE VAULT	3:00
21. FS Girls	800 METERS	1:30			
22. FS Boys			57. FS Boys	SHOT PUT	10:00
23. V Girls			58. V Boys	SHOT PUT	10:00
24. V Boys			59. FS Girls	SHOT PUT	12:30
25. FS Girls	300 HURDLES	2:15	60. V Girls	SHOT PUT	12:30
26. V Girls			(Varsity Shot Put - South Ring)		
27. FS Boys			(F/S Shot Put - North Ring)		
28. V Boys					
29. FS Girls	200 METERS	2:45	61. FS Girls	DISCUS	10:00
30. FS Boys			62. V Girls	DISCUS	10:00
31. V Girls			63. FS Boys	DISCUS	12:30
32. V Boys			64. V Boys	DISCUS	12:30
33. FS Girls	3200 METERS	3:30	(Varsity Discus - East Ring)		
34. FS Boys			(FS Discus - West Ring)		
35. V Girls					
36. V Boys					
37. FS Girls	4 x 400 RELAY	4:40			
38. FS Boys					

39. V Girls

40. V Boys

*The time schedule is tentative.
It will be adjusted once entries are finalized.