

2025 Utah State Track and Field Championships

THURSDAY RUNNING EVENTS (5A-6A) NOTE: Projected times may be altered after entries are finalized on Sportstrax. (right column indicates the number of heats run in 2024)

10:00 AM	Unified 50m Dash	5A-6A	Timed Finals	4
10:10 AM	Unified 100m Dash	5A-6A	Timed Finals	4
10:20 AM	Unified 4x100m Relay	5A-6A	Timed Finals	2
10:30 AM	Boys' 3200m Run	5A-6A	Timed Finals	2
10:55 AM	Girls' 3200m Run	5A-6A	Timed Finals	2
11:25 AM	Boys' 110m Hurdles	5A-6A	Trials	5
11:45 AM	Girls' 100m Hurdles	5A-6A	Trials	5
12:10 PM	Boys' 100m Dash	5A-6A	Trials	7
12:25 PM	Girls' 100m Dash	5A-6A	Trials	5
12:40 PM	Boys' 400m Dash	5A-6A	Trials	6
1:00 PM	Girls' 400m Dash	5A-6A	Trials	6
1:30 PM	BREAK			
2:30 PM	Boys' 300m Hurdles	5A-6A	Trials	5
2:45 PM	Girls' 300m Hurdles	5A-6A	Trials	5
3:05 PM	Boys' 200m Dash	5A-6A	Trials	8
3:25 PM	Girls' 200m Dash	5A-6A	Trials	8
3:50 PM	Boys' 4x800m Relay	5A-6A	Timed Finals	3
4:20 PM	Girls' 4x800m Relay	5A-6A	Timed Finals	3
5:00 PM	Boys' 4x200m Relay	5A-6A	Timed Finals	5
5:25 PM	Girls' 4x200m Relay	5A-6A	Timed Finals	5
6:00 PM	Projected Finish Time			

THURSDAY FIELD EVENTS (5A-6A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
10:00 AM	5A-6A Unified		5A-6A Unified		5A-6A Unified	
11:00 AM	6A Boys	5A Boys	6A Girls	5A Girls	6A Boys	5A Girls
1:00 PM	Break	Break	Break	Break	Break	Break
2:00 PM	5A Boys	6A Boys	5A Girls	6A Girls	5A Boys	
3:00 PM						5A Boys
4:00 PM	6A Girls	5A Girls	5A Boys	5A Boys	6A Girls	

FRIDAY RUNNING EVENTS (1A-4A) NOTE: Projected times may be altered after entries are finalized on Sportstrax. (right column indicates the number of heats run in 2024)

8:00 AM	Unified 50m Dash	1A-4A	Timed Finals	8
8:15 AM	Unified 100m Dash	1A-4A	Timed Finals	8
8:30 AM	Unified 4x100m Relay	1A-4A	Timed Finals	4
9:00 AM	Boys' 3200m Run	1A-4A	Timed Finals	4
9:50 AM	Girls' 3200m Run	1A-4A	Timed Finals	4
10:40 AM	Boys' 110m Hurdles	1A-4A	Trials	13
11:15 AM	Girls' 100m Hurdles	1A-4A	Trials	11
11:45 AM	Boys' 100m Dash	1A-4A	Trials	14
12:20 PM	Girls' 100m Dash	1A-4A	Trials	13
1:00 PM	Boys' 400m Dash	1A-4A	Trials	12
1:40 PM	Girls' 400m Dash	1A-4A	Trials	11
2:10 PM	BREAK			
3:00 PM	Boys' 300m Hurdles	1A-4A	Trials	12
3:30 PM	Girls' 300m Hurdles	1A-4A	Trials	12
4:00 PM	Boys' 200m Dash	1A-4A	Trials	16
4:25 PM	Girls' 200m Dash	1A-4A	Trials	10
4:45 PM	Boys' 4x800m Relay	4A	Timed Finals	2
5:10 PM	Girls' 4x800m Relay	4A	Timed Finals	2
5:35 PM	Boys' Medley Relay	1A-3A	Timed Finals	6
6:05 PM	Girls' Medley Relay	1A-3A	Timed Finals	5
6:40 PM	Boys' 4x200m Relay	4A	Timed Finals	3
6:55 PM	Girls' 4x200m Relay	4A	Timed Finals	3
7:10 PM	Projected Finish Time			

FRIDAY FIELD EVENTS (1A-4A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
8:00 AM	1A-4A Unified		1A-4A Unified		1A-4A Unified	
9:00 AM	3A Girls	4A Boys	1A Girls	4A Girls	2A Boys	
11:00 AM	4A Girls	1A Boys	2A Girls	1A Girls	3A Boys	1A-4A Boys
1:00 PM	Break	Break	Break	Break	Break	Break
2:00 PM	1A Girls	2A Boys	3A Girls	2A Girls	4A Boys	
3:00 PM						1A-4A Girls
4:00 PM	2A Girls	3A Boys	4A Girls	3A Girls	1A Boys	

SATURDAY RUNNING EVENTS (1A-6A) NOTE: Unless there is impending inclement weather, Saturday Running Events will not move more than 10 minutes ahead of scheduled start time. (right column indicates the number of heats run in 2024)

7:30 AM	Boys' 1600m Run	1A-6A	Timed Finals	9
8:25 AM	Girls' 1600m Run	1A-6A	Timed Finals	7
9:15 AM	Boys' 110m Hurdles	1A-6A	Finals	6
9:35 AM	Girls' 100m Hurdles	1A-6A	Finals	6
9:55 AM	Boys' 100m Dash	1A-6A	Finals	6
10:15 AM	Girls' 100m Dash	1A-6A	Finals	6
10:35 AM	Boys' 400m Dash	1A-6A	Finals	6
10:55 AM	Girls' 400m Dash	1A-6A	Finals	6
11:15 AM	Boys' 300m Hurdles	1A-6A	Finals	6
11:35 AM	Girls' 300m Hurdles	1A-6A	Finals	6
11:55 AM	Boys' 800m Run	1A-6A	Finals	10
12:25 PM	Girls' 800m Run	1A-6A	Finals	8
12:50 PM	BREAK			
1:40 PM	Boys' 4x100m Relay	1A-6A	Timed Finals	15
2:25 PM	Girls' 4x100m Relay	1A-6A	Timed Finals	15
3:15 PM	Boys' 200m Dash	1A-6A	Finals	6
3:30 PM	Girls' 200m Dash	1A-6A	Finals	6
3:50 PM	Boys' 4x400m Relay	1A-4A	Timed Finals	9
4:45 PM	Girls' 4x400m Relay	1A-4A	Timed Finals	8
5:35 PM	Boys' 4x400m Relay	5A-6A	Timed Finals	5
6:05 PM	Girls' 4x400m Relay	5A-6A	Timed Finals	5
6:50 PM	TEAM AWARDS	1A-6A		

SATURDAY FIELD EVENTS (1A-6A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
8:00 AM	2A Boys	3A Girls	4A Boys	1A Boys	2A Girls	
9:45 AM	3A Boys	4A Girls	1A Boys	2A Boys	3A Girls	
10:30 AM						6A Girls
11:30 AM	4A Boys	1A Girls	2A Boys	3A Boys	4A Girls	
1:15 PM	Break	Break	Break	Break	Break	Break
2:00 PM	1A Boys	2A Girls	3A Boys	4A Boys	1A Girls	
2:30 PM						6A Boys
3:45 PM	5A Girls	6A Girls	6A Boys	6A Boys	5A Girls	