

2025 NCHC National Track Field Invitational Schedule

Tuesday May 6th

Pentathlons and Triathlons

9:00 AM	14U/JH Girls High Jump 14U/JH Boys Long Jump 18U and 16U Boys Shot Put	start 3'2"
10:00 AM	18U and 16U Girls High Jump 18U and 16U Boys Long Jump 14U/JH girls Shot Put 14U/JH Boys 100 Hurdles	Start 3'4"
11:00 AM	18U and 16U Girls Hurdles 14U/JH Girls Hurdles 14U/JH Boys High Jump 18U and 16U Girls Shot Put 18U and 16U Boys Hurdles 14U/JH Girls Long Jump	start at 3'8"
12:00 PM	18U and 16U Boys High Jump 14U/JH Boys Shot Put 18U and 16U Girls Long Jump	Start at 4'2"
12:30 PM	14U/JH Girls 400 18U and 16U Girls 800 14U/JH boys 800 18U and 16U boys 1500	

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1:00 PM	8U Girls Long Jump 8U boys Long Jump 12U Boys Shot Put
1:30 PM	12U girls Shot Put
2:00 PM	10U Girls Long Jump 10U Boys Long Jump 8U boys Shot Put
2:30 PM	8U girls Shot Put
3:00 PM	12U Girls Long Jump 12U Boys Long Jump 10U Boys Shot Put
3:30 PM	10U Girls Shot Put 8U Boys Run - 200 10U Boys run - 200 8U Girls run - 200 10U Girls run - 200
4:00 PM	12U girls Run - 200 12U Boys run - 400

2025 NCHC National Track Field Invitational Schedule

Wednesday May 7th

Running Order 8U-G, 8U-B, 10U-G, 10U-B, 12U-G, 12U-B

9:00 AM 80 Meter Hurdels(10U&12U only)
 4x800 Relay(10U and 12U onlu)
 100 Meter
 4x200
 800 Meter
 4x100
 400 Meter
 200 Meter
 1600 meter
 50 Meter (8u only)
 50 Meters Kiddies Dash
 50 meters Special Needs Dash
 4x400 meter

5:30 PM Races Approx. 20 minutes apart
 3200 Meters 14U-G
 3200 Meters 14U-B
 3200 Meters 16U-G & 18U-G
 3200 Meters 16U-B
 3200 Metes 18U-B

2025 NCHC National Track Field Invitational Schedule

Wednesday May 7th

14U-18U FIELD EVENT Procedure/Rules

Long Jumps- Prelims 3 jumps- Top 10 will proceed to Finals with 2 more attempts

Discus- Same as Long Jump

Shot Put- Same as Long Jum

Triple Jump- 4 total Jumps

Javelin- 4 Throws total

Field Events	Long Jump	High Jump	Shot Put	Triple Jump	Discus	Javelin	Pole Vault
9:00 AM	14U-G	16U & 18U Boys Start at 4'8"	14U Boys	14U-B	16U Girls	16U Boys	
9:45 AM					18U Girls	18U Boys	
11:00 AM	16U Girls	14U Girls Start at 3'6"	18U Girls	16U Boys	14U Boys	14U Girls	
11:45 AM	18U Girls		16U Girls	18U Boys			
1:00 PM	14U Boys	16U Girls start at 3'8":	14 U Girls	14 U Girls	16U Boys	18U Girls	14U,16U,18U Boys
1:45 PM		18U Girls start at 3'8":			18U Boys	16U Girls	
3:00 PM	16U Boys	14 U Boys Start at 4'0"	18U Boys	16U Girls	14U Girls	14U Boys	14U,16U,18U Girls
3:45 PM	18U Boys		16 U Boys	18U Girls			

2025 NCHC National Track Field Invitational Schedule

Thursday May 8th

Running Order 14U-G, 14U-B, 16U-G, 16U-B, 18U-G, 18U-B

8:30 AM 2400 Meter 10U & 12U Girls
 2400 Meter 10U & 12U Boys

9:00 AM 100 Meter Prelims
 4x800
 100/110 hurdles
 4x200
 1600 meter
 4x100
 400 Meter
 300 hurdles
 100 Meter Finals
 800 meter
 200 meter
 Steeplechase
 4x400 meter

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Thursday May 8th

8U, 10U, 12U FIELD EVENT Procedure/Rules

Long Jumps- Will get 4 attempts

Discus- Same as Long Jump

Shot Put- Same as Long Jump

Triple Jump- 4 total Jumps

Field Events	Long Jump	High Jump	Shot Put	Triple Jump	Discus
9:00 AM	8U Boys	8U &10 G Start at 3'2"	10U Boys	12U Boys	8U Girls
10:30 AM	12U Boys	8U &10 B Start at 3'2"	8U Boys	12U girls	10U girls
12:00 PM	10U Girls	12U Girls Start at 3'4"	12U Girls	10U Boys	12U boys
1:30 PM	8U Girls	12U Boys Start at 3'6"	12U Boys	10U girls	10U boys
3:00 PM	12U Girls		10U girls	8U boys	8U boys
4:30 PM	10U Boys		8U girls	8U Girls	12U girls