



Embry-Riddle Running Elements Classic

April 3 - 5

Multi: April 3, April 4

Meet Schedule

COMBINED EVENTS

Thursday April 3, 2025

12:30 p.m. Decathlon (Men) (times below are approximate, events will happen 30 minutes after the prior event ends)

12:30 PM 100

1:15 PM Long jump

2:30 PM Shot put

3:45 PM High jump

5:45 PM 400

1:00 p.m. Heptathlon (women) (times below are approximate, events will happen 30 minutes after the prior event ends)

1:00 PM 100 hurdles

1:45 PM High jump

3:45 PM Shot put

5:00 PM 200

Friday, April 4, 2025

MULTI EVENTS

9:30 a.m. Decathlon (Men) (times below are approximate, events will happen 30 minutes after the prior event ends)

9:30 AM 110 Hurdles

10:15 AM discus

11:30 AM Pole Vault

2:00 PM Javelin

3:15 PM 1500

10:00 a.m. Heptathlon (women) (times below are approximate, events will happen 30 minutes after the prior event ends)

10:00 AM long jump

11:15 AM javelin

12:30 PM 800

Friday, April 4, 2025

RUNNING EVENTS

3:00 p.m. Collegiate women's 100 hurdle **prelims**
3:20 p.m. Collegiate men's 110 hurdle **prelims**
3:40 p.m. Collegiate women's 100m **prelims**
4:00 p.m. Collegiate men's 100m **prelims**
4:25 p.m. Collegiate women's steeplechase
4:40 p.m. Collegiate men's steeplechase
5:05 p.m. Collegiate Women 1500
5:30 p.m. Collegiate Men 1500
6:00 p.m. Collegiate women's 4 x 800m
6:10 p.m. Collegiate men's 4 x 800 m
6:20 p.m. Collegiate women's 200 m **prelims**
6:45 p.m. Collegiate men's 200m **prelims**
7:20 p.m. Collegiate & Open Women 5000m
8:05 p.m. Collegiate & Open Men 5000m
8:55 p.m. Collegiate & Open Women 10,000m
9:40 p.m. Collegiate & Open Men 10,000m

FIELD EVENTS

2:00 p.m. Hammer (women then men)
2:30 p.m. Long jump (women and men)
4:00 p.m. Pole Vault (women then men)
5:00 p.m. High Jump (men then women)
5:30 p.m. Javelin (women then men)

Embry Riddle *Running Elements* Classic

Meet Schedule

Saturday, April 5, 2025

RUNNING EVENTS

9:00 a.m. HS girl's 4 x 800
 9:15 a.m. HS boy's 4 x 800
 9:30 a.m. HS girl's 3200m
 9:45 a.m. HS boy's 3200m
 10:10 a.m. HS Girls High Hurdles
 10:20 a.m. Collegiate women high hurdles **FINAL**
 10:30 a.m. HS Boys High Hurdles
 10:40 a.m. Collegiate men's high hurdles **FINAL**
 10:45 a.m. HS Girls 100
 11:05 a.m. HS Boys 100
 11:25 a.m. Collegiate Women 100 **FINAL**
 11:30 a.m. Collegiate Men 100 **FINAL**
 11:35 a.m. HS Girls 1600
 11:55 a.m. HS Boys 1600
 12:15 p.m. HS Girls 4 x 100
 12:25 p.m. HS Boys 4 x 100
 12:35 p.m. Collegiate/open Women 4 x 100
 12:50 p.m. Collegiate/open Men 4 x 100
 1:00 p.m. HS Girls 400
 1:25 p.m. HS Boys 400
 1:50 p.m. Collegiate & Open Women 400
 2:10 p.m. Collegiate & Open Men 400
 2:50 p.m. HS Girls 400m Hurdles
 3:00 p.m. Collegiate & Open Women 400m Hurdles
 3:10 p.m. HS Boys 400m Hurdles
 3:25 p.m. Collegiate & Open Men 400m Hurdles
 3:40 p.m. HS Girls 800m
 4:00 p.m. HS Boys 800m
 4:20 p.m. Collegiate & Open Women 800m
 4:40 p.m. Collegiate & Open Men 800m
 5:00 p.m. HS Girls 200m
 5:25 p.m. HS Boys 200m
 5:50 p.m. Collegiate Women 200m **FINAL**
 5:55 p.m. Collegiate Men 200m **FINAL**
 6:00 p.m. HS Girls 2000m Steeple
 6:15 p.m. HS Boys 2000m Steeple
 6:40 p.m. HS Girls 4 x 400
 6:55 p.m. HS Boys 4 x 400
 7:10 p.m. Collegiate & Women 4 x 400
 7:20 p.m. Collegiate & Men 4 x 400

FIELD EVENTS

9:00 a.m. College Discus (women then men)

 9:00 a.m. Shot Put
 (HS girls then boys)

 9:00 a.m. Long Jump
 (HS girls and boys)

 10:00 a.m. Pole Vault (girls then boys)

 12:00 p.m. High School Discus
 (Hs girls then boys (west cage))

 12:00 p.m. College Shot Put (women then
 Men)

 12:00 p.m. High Jump
 (HS girls then boys)

 11:30 a.m. Triple Jump
 (coll. men then HS boys, pit 1)
 (coll. women then HS girls, pit 2)

 3:00 p.m. Javelin (HS girls then boys)