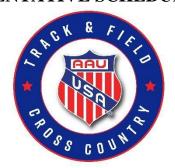
TENTATIVE SCHEDULE



AAU INDOOR NATIONAL CHAMPIONSHIP March 7 – March 9, 2025

All Running events will start at the designated time listed each day. Listen to announcements and check-in to the designated check-in area for your event at least 45 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event. **Boys/Men will run first followed by Girls/Women.**

Friday – March 7, 2025 This is a rolling schedule

10:00 AM 1500 Meter Race walk - TF- All Age Groups Combined - 9 Year Old – 12 Year Old

3000 Meter Race-walk – TF - All Age Groups Combined – 13 Year Old – 17/18 Year Old

11:00 AM 200 Meter Dash – SF - Starting with 5-6 Year Old -17/18 Year Old – (top 8 times advance to finals)

1500 Meter Run - TF - Starting with 13 Year Old - 17/18 Year Old - (Age Groups may be combined by gender) 400 Meter Dash - SF - Starting with - 13 Year Old - 17/18 Year Old - (top 8 times advance to finals)

Saturday – March 8, 2025

This is a rolling schedule

9:00AM 3000 Meter Run - TF - Starting with 11 Year Old - 17/18 Year Old - (Age Groups may be combined by gender)

200 Meter Dash – **FINAL - Starting with 5-6 Year Old - 17/18 Year** 800 Meter Run – **TF - Starting with 5-6 year old - 17/18 Year Old**

60 Meter Hurdles – **SF** - **Starting with 11 Year Old -17/18 Year Old** - (top 8 times advance to finals) 60 Meter Dash – **SF** – **Starting with 5-6 Year Old -17/18 Year Old** – (top 8 times advance to finals)

4 x 400 Meter Relay – TF - Starting with 7-8 year old – 17/18 years old

Sunday – March 9, 2025

This is a rolling schedule

9:00AM 4X800 Meter Relay - TF- Starting with 7-8 year old – 17/18 year old

60 Meter Hurdles – FINAL - Starting with 11 Year Old - 17/18 Year Old

60 Meter Dash – FINAL - Starting with 5-6 year Old -17/18 Year Old

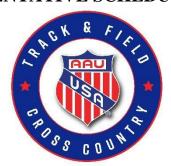
400 Meter Dash – FINAL - Starting with 5-6 year old – 17/18 Year Old

1500 Meter Run - TIMED FINAL - Starting with 7-8 Year Old - 12 Year Old - Age Groups may be combined by gender

4 x 200 Meter Relay - TIMED FINAL - Starting with 5-6 year old - 17/18 years old

- NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.
- NOTE: Some distance races may be combined due to the number of participants.

TENTATIVE SCHEDULE



AAU INDOOR NATIONAL CHAMPIONSHIP March 7 – March 9, 2025

All Field Events will follow schedule below. This is a rolling schedule in the announcements from your field event area for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Shot Put will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.

This is a rolling schedule

Friday	March 7 th
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1 Haay	IVIUI CII /			
Time	Long Jump 1	High Jump 1	Shot Put 1	Pole Vault
9:00am	13G/B	17-18G/B	17-18G/B	13G
	14G/B	15-16G/B	15-16G/B	14G
	15-16G/B	14G/B		15-16G
	17-18G/B	13G/B		17-18G

Saturday March 8th

Time	Triple Jump	High Jump 1	Shot Put 1	Pole Vault
8:00am	13G/B	9G/B	12G/B	13B
	14G/B	10G/B	11G/B	14B
	15-16G/B	11G/B	14G/B	15-16B
	17-18G/B	12G/B	13G/B	17-18GB

Sunday March 9th

Time	Long Jump	High Jump 1	Shot Put 1	Pole Vault
8:00am	5-6G/B	NOT	10G/B	NOT
	7-8G/B	CONTESTED	9G/B	CONTESTED
	9G/B		7-8G/B	
	10G/B			
	11G/B			
	12G/B			