

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.**

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AAU INDOOR NATIONAL CHAMPIONSHIP
March 7 – March 9, 2025

All Field Events will follow schedule below. **This is a rolling schedule** **FRIDAY: 13 – 18 YEARS @ 9:00 AM.** Listen to 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 7th

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			