

## Terry Long FSU Relays Meet Schedule

Thursday					
Throwing events			Jumping Events		
Time	Event	Gender	Time	Event	Gender
3:00pm	Hammer	Men	4:00pm	High Jump	Women
4:30pm	Hammer	Women	5:30pm	High Jump	Men
6:00pm	Shot Put	Women	6:00pm	Long Jump	Women
			6:15pm	Long Jump	Men
Friday					
Throwing Events			Jumping Events		
Time	Event	Gender	Time	Event	Gender
10:00am	Javelin	Women	1:00pm	Pole Vault	W / M
11:15am	Javelin	Men	3:00pm	Triple Jump	Women
1:00pm	Shot Put	Men	3:15pm	Triple Jump	Men
1:15pm	Discus	Women			
3:00pm	Discus	Men			

Thursday		
Running Events		
Time	Event	Gender
6:20pm	4x100 Relay	Women
6:30pm	4x100 Relay	Men
6:45pm	400m Hurdles	Women
7:00pm	400m Hurdles	Men
7:15pm	5000m	Women
7:45pm	5000m	Men
Friday		
2:00pm	100m Hurdles	Women
2:05pm	110m Hurdles	Men
2:20pm	100m Dash	Women
2:30pm	100m Dash	Men
2:50pm	800m	Women
3:00pm	800m	Men
3:10pm	400m Dash	Women
3:25pm	400m Dash	Men
3:40pm	200m Dash	Women
3:55pm	200m Dash	Men
4:10pm	1500m	Women
4:25pm	1500m	Men
4:40pm	4 x 400m Relay	Women
4:50pm	4 x 400m Relay	Men

Updated 6:02pm March 25, 2025