



# 2025 Moorpark Season Opener

FRIDAY JANUARY 31<sup>ST</sup>, 2025

Decathlon/Heptathlon January 30/31, 2025

*Updated 1/6/25*

*Throwing events & horizontal jumps will be conducted on a rolling schedule.*

*At the completion of each flight, the next event will be given 15 minutes for warm ups and then will begin.*

## FIELD EVENTS

Time	Gender	Event	Time	Gender	Event
12:00 PM	W -> M	POLE VAULT	11:00 AM	W -> M	JAVELIN
12:00 PM	W -> M	LONG JUMP	11:00 AM	M -> W	HAMMER
1:30 PM	W -> M	HIGH JUMP	TBD	M -> W	DISCUS (after Hammer)
TBD (after LJ)	W -> M	TRIPLE JUMP	TBD	W -> M	SHOT PUT (after Javelin)

## RUNNING EVENTS

Time	Gender	Event
12:30 PM	W	2K Steeple
12:55 PM	M	2K Steeple
1:15 PM	W	1500M
1:30 PM	M	1500M
1:55 PM	W	60H
2:15 PM	M	60HH
2:30 PM	W	300M
2:35 PM	M	300M
2:50 PM	W	60M
3:00 PM	M	60M
3:15 PM	W	600M
3:20 PM	M	600M
3:40 PM	W	300M H
3:45 PM	M	300M H
3:55 PM	W	200M
4:00 PM	M	200M
4:15 PM	W	3,000M
4:30 PM	M	3,000M
4:45 PM	W	4 X 400M
4:50 PM	M	4 x 400M

### Moorpark Season Opener Decathlon/Heptathlon

#### Day 1:

- Decathlon 2:30
- Heptathlon 2:40

#### Day 2:

- Decathlon 9:00
- Heptathlon 9:30

Live Results  
&  
Meet Information:  
<http://www.MoorparkTrack.com>

Moorpark College Track & Field

7075 Campus Rd, Moorpark, CA 93021 • Phone (805) 378-1457 • Fax (805) 378-1539 •