



Trabuco Hills High School- 2025 Mustang Roundup

| # | Event | Level | Heats | Time | # | Event | Division | Time |
|----|------------------------|------------|-------|-------|-----|-----------------------|---------------------------|-----------|
| 1 | Girls 3200m Run | Frosh/Soph | 1 | 8:00 | 113 | Pole Vault | Girls OPEN | 9:00 AM |
| 2 | Girls 3200m Run | Varsity | 1 | 8:15 | 114 | 5 Alive | Boys OPEN | to follow |
| 3 | Boys 3200m Run | Frosh/Soph | 1 | 8:30 | 112 | High Jump | Boys Varsity | 9:00 AM |
| 4 | Boys 3200m Run | Varsity | 2 | 8:45 | 111 | 5 Alive | Boys F/S | to follow |
| 5 | Girls 4x100m Relay | Frosh/Soph | 2 | 9:10 | 110 | | Girls Varsity | to follow |
| 6 | Girls 4x100m Relay | Varsity | 2 | 9:20 | 109 | | Girls F/S | to follow |
| 7 | Boys 4x100m Relay | Frosh/Soph | 2 | 9:25 | 103 | Long Jump | Girls Varsity - 4 flights | 9:00 AM |
| 8 | Boys 4x100m Relay | Varsity | 3 | 9:35 | 101 | 2 Pits | Girls F/S - 2 flights | to follow |
| 9 | Girls 100m Hurdles | Frosh/Soph | 3 | 9:50 | 104 | | Boys Varsity - 5 flights | 9:00 AM |
| 10 | Girls 100m Hurdles | Varsity | 4 | 9:55 | 102 | | Boys F/S - 3 flights | to follow |
| 11 | Boys 110m High Hurdles | Frosh/Soph | 3 | 10:05 | 107 | Triple Jump | Girls Varsity - 3 flights | 12:00 PM |
| 12 | Boys 110m High Hurdles | Varsity | 4 | 10:10 | 105 | 2 Pits | Girls F/S - 1 flight | to follow |
| 13 | Girls 400m Dash | Frosh/Soph | 4 | 10:20 | 108 | | Boys Varsity - 3 flights | 12:00 PM |
| 14 | Girls 400m Dash | Varsity | 4 | 10:35 | 106 | | Boys F/S - 1 flight | to follow |
| 15 | Boys 400m Dash | Frosh/Soph | 5 | 10:45 | 115 | Shot Put | Boys Varsity - 5 flights | 9:00 AM |
| 16 | Boys 400m Dash | Varsity | 7 | 10:55 | 116 | 2 pits (if needed) | Boys F/S - 3 flights | to follow |
| 17 | Girls 100m Dash | Frosh/Soph | 8 | 11:10 | 117 | | Girls Varsity - 3 flights | to follow |
| 18 | Girls 100m Dash | Varsity | 9 | 11:30 | 118 | | Girls F/S - 2 flights | to follow |
| 19 | Boys 100m Dash | Frosh/Soph | 9 | 11:45 | 119 | Discus | Girls Varsity - 3 flights | 9:00 AM |
| 20 | Boys 100m Dash | Varsity | 11 | 12:05 | 120 | 2 pits (if needed) | Girls F/S - 2 flights | to follow |
| 21 | Girls 800m Run | Frosh/Soph | 2 | 12:30 | 121 | | Boys Varsity - 4 flights | to follow |
| 22 | Girls 800m Run | Varsity | 3 | 12:40 | 122 | | Boys F/S - 3 flights | to follow |
| 23 | Boys 800m Run | Frosh/Soph | 5 | 12:55 | | | | |
| 24 | Boys 800m Run | Varsity | 5 | 1:15 | | | | |
| 25 | Girls 300m Hurdles | Frosh/Soph | 3 | 1:35 | | | | |
| 26 | Girls 300m Hurdles | Varsity | 4 | 1:45 | | | | |
| 27 | Boys 300m Hurdles | Frosh/Soph | 4 | 1:55 | | | | |
| 28 | Boys 300m Hurdles | Varsity | 4 | 2:10 | | | | |
| 29 | Girls 200m Dash | Frosh/Soph | 8 | 2:20 | | | | |
| 30 | Girls 200m Dash | Varsity | 9 | 2:40 | | | | |
| 31 | Boys 200m Dash | Frosh/Soph | 8 | 2:55 | | | | |
| 32 | Boys 200m Dash | Varsity | 11 | 3:10 | | | | |
| 33 | Girls 1600m Run | Frosh/Soph | 3 | 3:35 | | | | |
| 34 | Girls 1600m Run | Varsity | 3 | 4:00 | | | | |
| 35 | Boys 1600m Run | Frosh/Soph | 4 | 4:20 | | | | |
| 36 | Boys 1600m Run | Varsity | 4 | 4:45 | | | | |
| 37 | Girls 4x400m Relay | Frosh/Soph | 1 | 5:05 | | | | |
| 38 | Girls 4x400m Relay | Varsity | 2 | 5:15 | | | | |
| 39 | Boys 4x400m Relay | Frosh/Soph | 1 | 5:25 | | | | |
| 40 | Boys 4x400m Relay | Varsity | 2 | 5:30 | | | | |