

Schedule of Events

SATURDAY, June 29, 2024

Running Events:

8:00 AM 3000 Meter Run Finals 11-12 G/B
9:00 400 Meter Semi 8 & U 9-10 11-12 G/B
12:30 PM 800 Meter Run 8 & U 9-10 11-12 G/B;
1:40 200 Meter Dash 8 & U 9-10 11-12 G/B

3:15 PM 200 Meter Dash 13-14, 15-16, 17-18
4:30 800 Meter Run 13-14, 15-16, 17-18
5:30 3000 Meter Run Finals 13-14, 15-16, 17-18 W/M
6:00 400 Meter Semi 13-14, 15-16, 17-18

Field Events:

LONG JUMP:

8:00 AM 9-10 Boys – Pit 1 9-10 Girls Pit 2
9:30 8 & U Boys Pit 1 8 & U Girls - Pit 2
11:00 11-12 Boys- Pit 1/ 11-12 Girls-Pit 2
1:00 PM 13-14 Boys- Pit N2/Girls-Pit S1
3:00 15-16 Boys - Pit N2/Girls - Pit S1
5:00 17-18 Men - Pit N2/Women - Pit S1

SHOT PUT:

9:00 AM 9-10 Boys - (6 lb) 9-10 Girls - (6 lb)
11:00 8 & Under Boys - (2Kg) 8 & Under Girls - (2Kg)
12:30 PM 17-18 Women (4kg) 17-18 Men (12lbs)

DISCUS

8:00 AM 11-12 Girls
1:00 PM 11-12 Boys
3:00 13-14 Girls
4:30 13-14 Boys

HIGH JUMP:

10:00 AM 9-10 Girls - Mat #1 9-10 Boys - Mat #2
12:00 PM 13-14 Girls Mat #1 13-14 Boys Mat #2
1:30 15-16 Girls - Mat # 1 15-16 Boys - Mat # 2

MINI JAVELIN:

8:00 AM Mini Javelin 8 & Under Girls/Boys
10:00 Aero Javelin 11-12 Girls/Boys
1:00 PM Mini Javelin 9-10 Girls/Boys

JAVELIN

11:00 AM 15-16 Girls
12:30 PM 15-16 Boys

HAMMER

5:30 PM 15-16 Boys 17-18 Men

SUNDAY June 30, 2024

Running Events:

8:00 AM 4x100 Meter Relays Finals All
8:45 1500m Run Finals All
11:00 100 Meter Dash Semi All
1:30 PM Short Hurdles Finals 80M 100M 110M
2:15 400m Dash Finals
3:45 200m Hurdles Finals
4:00 400m Hurdles Finals
4:30 100m Dash Finals
5:00 4 x 800 11-18 Finals All
5:30 200m Dash Finals
6:00 1500 Racewalk 9-14
6:30 4x400 Meters Relay Finals All

Field Events:

POLE VAULT:

8:30 AM 13-14 Girls, 15-16 Girls, 17-18 Women
11:00 13-14 Boys, 15-16 Boys, 17-18 Men

DISCUS THROW:

8:30 AM 15-16 Boys
10:00 17-18 Women
12:00 PM 17-18 Men
2:00 15-16 Girls

JAVELIN

12:00 PM 17-18 Women
3:00 17-18 Men
4:00 13-14 Girls
5:00 13-14 Boys

SHOT PUT:

8:30 AM 13-14 Girls (6 lb)- Pit # 2 13-14 Boys
10:00 11-12 Boys – (6lbs) 11-12 Girls – (6lbs)
12:00 PM 15/16 Girls (4kg)- 15-16 Boys (12lbs)

TRIPLE JUMP:

8:30 AM 13-14 Boys-Pit S1/ 13-14 Girls-Pit N1
11:30 17-18 Men-Pit S1 / 17-18 Women-Pit N1
3:00 PM 15-16 Boys-Pit S1/ 15-16 Girls-PitN1

HIGH JUMP:

8:30 AM 11-12 Girls - Mat #1 11-12 Boys - Mat #2
10:00 17-18 Women
12:30 PM 17-18 Men

HAMMER

4:00 PM 15-16 Girls 17-18 Women