

Tentative Schedule

Friday March 1st, 2024

Throws

3:00 PM- Hammer

Women, Men to Follow

Jumps

4:00PM- Long Jump

Men, Women to Follow

4:00PM- High Jump

Women, Men to Follow

Running Events

6:00 PM- 3k Steeple

Women, Men to Follow

7:00 PM- 10,000m

Women, to Follow

Saturday March 2nd, 2024

Throws

10:00 AM- Javelin

Men, Women to Follow

10:00 AM- Shot Put

Women, Men to Follow

2:00 PM- Discus

Women, Men to Follow

Jumps

10:00AM- Triple Jump

Men, Women to Follow

10:00AM- Pole Vault

Women, Men to Follow

Running Events

Women are first in all events. Heats will run fast to slow

1:00 4x100 meter relay

1:15 1500 meters

2:15 100/110 hurdles

2:35 400 meters

2:55 100 meters

3:30 800 meters

4:15 400 meter hurdles

4:40 200 meters

5:30 5,000 meters

6:15 4x400 meter relay