

Brutus Hamilton 2024

Final Schedule

(we will not go more than 10 minutes AHEAD of schedule)

Running Events

10:00am W 5000m (1 heat)

10:30am M 5000m (1 heat)

NATIONAL ANTHEM

11:00am W 4x100 Relay (2 heats)

11:05am M 4x100 Relay (2 heats)

11:10am W 3000m steeple (1 heat)

11:25am M 3000m steeple (1 heat)

11:40am W 1500m (3 heats)

12:00pm M 1500m (3 heats)

12:20pm W 100m HH (3 heats)

12:35pm M 110m HH (3 heats)

12:50pm W 400m (5 heats)

1:00pm M 400m (6 heats)

1:10pm W 100m (7 heats)

1:25pm M 100m (8 heats)

1:40pm W 800m (4 heats)

1:50pm M 800m (4 heats)

2:05pm W 400m IH (4 heats)

2:15pm M 400m IH (3 heats)

2:25pm W 200m (9 heats)

2:35pm M 200m (10 heats)

SENIOR RECOGNITION

3:10pm W 4x400 Relay (2 heats)

3:20pm M 4x400 Relay (2 heats)

Field Events

8:30am M Hammer Throw (2 flights)

W Hammer Throw (3 flights) (Follow the men)

11:00am W Long Jump (2 flights)

M Long Jump (3 flights) (Follow the women)

11:30am M Shot Put (2 flights)

W Shot Put (2 heats) (Follow the men)

12:30pm W Javelin (2 heats)

M Javelin (2 flights) (Follow the women)

12:00pm W High Jump

M High Jump (Follow the women)

11:30am W Pole Vault

M Pole Vault (Follow the women)

W Triple Jump (1 flight) (Follow the Men's LJ)

M Triple Jump (2 flights) (Follow the women)

2:30pm M Discus (2 flights)

W Discus (3 flights) (Follow the men)