

ALL FIELD EVENTS WILL BE 3 ATTEMPTS AND 3 MORE FOR THE TOP 9

FRIDAY – APRIL 26, 2024	FIELD EVENTS (WORST TO BEST)
12:00 PM	Women's Hammer
12:30PM	Men's Javelin
1:00 PM	Men's Pole Vault (Starting at 4.07m)
2:30 PM	Men's Hammer
2:30 PM	Women's Javelin
4:00 PM	Men's Long Jump
4:00 PM	Women's Long Jump

FRIDAY – APRIL 26, 2024	TRACK EVENTS (FAST TO SLOW)
5:45 PM	Women's 3000M Steeplechase
6:00 PM	Men's 3000M Steeplechase
6:15 PM	Women's 5000M (Heats 2-3)
7:00 PM	Men's 5000M (Heat 2-3)
7:35 PM	Women's Invitational 800M (Top 3 Heats)
7:45 PM	Men's Invitational 800M (Top 3 Heats)
7:55 PM	Women's 5000M (Heat 1)
8:15 PM	Men's 5000M (Heat 1)
8:30 PM	Women's Invitational Mile (Top 3 Heats)
8:45 PM	Men's Invitational Mile (Top 3 Heats)

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SATURDAY – APRIL 27, 2024	FIELD EVENTS (WORST TO BEST)
11:00 AM	Women's High Jump (Starting at 1.51m)
12:00 PM	Women's Discus
12:00 PM	Men's Shot Put
1:00 PM	Women's Pole Vault (Starting at 3.21m)
1:00 PM	Men's High Jump (Starting at 1.81m)
3:00 PM	Women's Triple Jump (East Pit)
3:00 PM	Men's Triple Jump (West Pit)
3:00 PM	Men's Discus
3:00 PM	Women's Shot Put

SATURDAY – APRIL 27, 2024	TRACK EVENTS (FAST TO SLOW)
12:30 PM	Women's 4x100M Relay
12:40 PM	Men's 4x100M Relay
12:45 PM	Women's Open 800M
1:15 PM	Men's Open 800M
1:40 PM	Women's 100M Hurdles
1:55 PM	Men's 110M Hurdles
2:15 PM	Women's 400M
2:25 PM	Men's 400M
2:40 PM	Women's 100M
2:55 PM	Men's 100M
3:15 PM	Women's 400M Hurdles
3:25 PM	Men's 400M Hurdles
3:30 PM	Women's 200M
3:55 PM	Men's 200M
4:15 PM	Senior Recognition
4:35 PM	Women's Open Mile
5:00 PM	Men's Open Mile
5:30 PM	Women's 4x400M Relay
5:45 PM	Men's 4x400M Relay