



2024 Hilltopper Relays

Tentative Meet Schedule



Friday 29 Mar 2024

Field				Track			
11:00	Hammer	Men		1:30	200m		
	Shot Put	Women			200m		
	Long Jump	Women		5:00	5000m		
1:30	High Jump	Women followed by Men		5:30	5000m		
2:30	Hammer	Women					
	Shot Put	Men					
	Long Jump	Men					

Saturday 30 Mar 2024

Field				Track			
9:00	Discus	Women Followed by Men		12:00	4x100		
10:00	Triple Jump	Women Followed by Men		12:05	4x100		
12:00	Pole Vault	Women Followed by Men		12:15	1500m		
	Javelin	W then M, Follows Discus		12:40	1500m		
				1:00	Senior Recognition		
			2:15	1:30	400m		
			2:30	1:50	400m		
			2:45	2:10	800m		
			3:10	2:35	800m		
			3:35	3:00	110mH		
			3:40	3:15	100mH		
			3:50	3:30	100m		
			3:55	3:45	100m		
			4:05	4:05	400mH		
			4:20	4:20	400mH		
			4:35	4:35	3000 SC		
			4:50	4:50	3000 SC		
			5:05	5:10	4x400m		
			5:20	5:25	4x400m		

Women
Men
Women
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