

Jaguar Invitational 2024 Morning Session

| Time | Event | Heat | Time | Event | Heat |
|-------|---------------------|------|-------------|---------------------|---------------|
| 8:30 | Girls 4 x 800 Relay | All | 12:23 | Girls 200m | 1 |
| 8:45 | Boys 4 x 800 Relay | All | 12:26 | Girls 200m | 2 |
| 9:00 | Girls 4 x 100 Relay | 1 | 12:29 | Girls 200m | 3 |
| 9:05 | Girls 4 x 100 Relay | 2 | 12:32 | Girls 200m | 4 |
| 9:10 | Boys 4 x 100 Relay | 1 | 12:35 | Boys 200m | 1 |
| 9:15 | Boys 4 x 100 Relay | 2 | 12:38 | Boys 200m | 2 |
| 9:20 | Girls 1600m | 1 | 12:41 | Boys 200m | 3 |
| 9:29 | Girls 1600m | 2 | 12:44 | Boys 200m | 4 |
| 9:38 | Boys 1600m | 1 | 12:50 | Girls 3200m | All |
| 9:46 | Boys 1600m | 2 | 1:06 | Boys 3200m | All |
| 9:54 | Girls 100 IH | 1 | 1:20 | Girls 4 x 400 Relay | 1 |
| 9:57 | Girls 100 IH | 2 | 1:26 | Girls 4 x 400 Relay | 2 |
| 10:00 | Girls 100 IH | 3 | 1:32 | Boys 4 x 400 Relay | 1 |
| 10:03 | Girls 100 IH | 4 | 1:38 | Boys 4 x 400 Relay | 2 |
| 10:09 | Boys 110 HH | 1 | 1:46 | Coed Throwers Relay | 1 |
| 10:12 | Boys 110 HH | 2 | 1:50 | Coed Throwers Relay | 2 |
| 10:15 | Boys 110 HH | 3 | | | |
| 10:18 | Boys 110 HH | 4 | Time | Field Events | Flight |
| 10:24 | Girls 400m | 1 | 8:00 | Girls Long Jump | 1 |
| 10:28 | Girls 400m | 2 | 8:00 | Girls Long Jump | 2 |
| 10:32 | Girls 400m | 3 | 8:30 | Girls Pole Vault | 2 |
| 10:36 | Girls 400m | 4 | 9:00 | Girls Discus | 1 |
| 10:40 | Boys 400m | 1 | 9:00 | Girls Discus | 2 |
| 10:44 | Boys 400m | 2 | 9:00 | Boys Shot Put | 2 |
| 10:48 | Boys 400m | 3 | 9:00 | Boys Shot Put | 1 |
| 10:52 | Boys 400m | 4 | 9:30 | Boys High Jump | 1 |
| 10:58 | Girls 100m | 1 | 9:30 | Boys High Jump | 2 |
| 11:01 | Girls 100m | 2 | 9:30 | Boys Long Jump | 1 |
| 11:04 | Girls 100m | 3 | 9:30 | Boys Long Jump | 2 |
| 11:07 | Girls 100m | 4 | 9:45 | Girls Pole Vault | 1 |
| 11:10 | Boys 100m | 1 | 11:00 | Girls Shot Put | 1 |
| 11:13 | Boys 100m | 2 | 11:00 | Girls Shot Put | 2 |
| 11:17 | Boys 100m | 3 | 11:00 | Boys Discus | 1 |
| 11:20 | Boys 100m | 4 | 11:00 | Boys Discus | 2 |
| 11:26 | Girls 800m | 1 | 11:00 | Boys Pole Vault | 2 |
| 11:31 | Girls 800m | 2 | 11:15 | Girls Triple Jump | 1 |
| 11:36 | Boys 800m | 1 | 11:15 | Girls Triple Jump | 2 |
| 11:41 | Boys 800m | 2 | 11:30 | Girls High Jump | 1 |
| 11:47 | Girls 300 LH | 1 | 11:30 | Girls High Jump | 2 |
| 11:51 | Girls 300 LH | 2 | 12:15 | Boys Pole Vault | 1 |
| 11:55 | Girls 300 LH | 3 | 12:45 | Boys Triple Jump | 1 |
| 11:59 | Girls 300 LH | 4 | 12:45 | Boys Triple Jump | 2 |
| 12:05 | Boys 300 IH | 1 | | | |
| 12:09 | Boys 300 IH | 2 | | | |
| 12:13 | Boys 300 IH | 3 | | | |
| 12:17 | Boys 300 IH | 4 | | | |