

TENTATIVE SCHEDULE

Friday, March 29, 2024

Field Events

8:00am	G	Discus	Inner
8:30am	B	Discus	Outer
9:00am	G	Long Jump	
9:00am	B	Long Jump	
9:00am	G	High Jump	
9:00am	B	Pole Vault	
10:45am	B	Javelin	
11:00am	W	Hammer	
11:15am	G	Shot Put	
11:15am	B	Shot Put	
12:00pm	B	High Jump	
12:00pm	G	Pole Vault	
12:15pm	G	Javelin	
2:30pm	M	High Jump	Open
2:30pm	W	Discus	INVITE
3:00pm	M	Hammer	
4:00pm	W	Long Jump	INVITE
4:00pm	M	Long Jump	INVITE
4:00pm	M	Javelin	
	W	W JAV TO FOLLOW MEN	
4:00pm	W	Pole Vault	
5:30pm	M	High Jump	INVITE
6:00pm	W	Long Jump	Open
approx 6:00pm	M	Long Jump	Open

Running Events

9:00am	B	3200m
9:30am	G	3200m
10:00am	B	100m (Back)
10:00am	G	100mH (Front)
10:15am	G	100m (Back)
10:15am	B	110mH (Front)
10:30am	G	800m
10:45am	B	800m
11:00am	G	400m
11:20am	B	400m
12:00pm	W	4x800
12:15pm	M	4x800
2:30pm	W	4x100 Prelim
2:40pm	M	4x100 Prelim
2:55pm	G	4x100 Prelim
3:10pm	B	4x100 Prelim
3:25pm	G	1600m
3:40pm	B	1600m
3:55pm	W	1500m
4:10pm	M	1500m
4:25pm	W	200m
4:45pm	M	200m
5:05pm	W	200m (OD)
5:10pm	M	200m (OD)
5:25pm	W	400mH
5:40pm	M	400mH
5:55pm	G	4x400 Prelim
6:20pm	B	4x400 Prelim
6:45pm	W	4x400 Prelim
7:00pm	M	4x400 Prelim
7:20pm	W	1500 INVITE
7:30pm	M	1500 INVITE
7:45pm	W	Steeple
8:00pm	M	Steeple
8:15pm	W	5k
approx 8:40pm	M	5k

Saturday, March 30, 2024

Field Events

9:00am	G	Triple Jump	
9:00am	B	Triple Jump	
9:00am	M	Discus	Open
11:00am	M	Discus	INVITE
12:00pm	W	High Jump	INVITE
12:00pm	M	Shot Put	Open
12:00pm	W	Shot Put	INVITE
1:00pm	M	Pole Vault	
1:00pm	W	Triple Jump	
1:30pm	W	Discus	Open
2:30pm	W	High Jump	Open
2:30pm	M	Shot Put	INVITE
2:30pm	W	Shot Put	Open
3:00pm	M	Triple Jump	

Running Events

9:30am	G	4x800
9:55am	B	4x800
10:20am	G	4x200
10:40am	B	4x200
12:00pm	W	100mH Prelim
12:25pm	M	110mH Prelim
12:45pm	G	4x100 Final
12:50pm	B	4x100 Final
12:55pm	W	4x100 Final
1:00pm	M	4x100 Final
1:05pm	W	4x100 (OD)
1:10pm	M	4x100 (OD)
1:15pm	W	800m
1:45pm	M	800m
2:25pm	W	100mH Final
2:30pm	M	110mH (F)
2:40pm	W	400m
3:00pm	W	400m (OD)
3:05pm	M	400m
3:30pm	M	400m (OD)
3:40pm	W	100m
3:55pm	W	100m (OD)
4:00pm	M	100m
4:20pm	M	100m (OD)
4:30pm	W	3K
4:45pm	G	4x400 Final
4:52pm	B	4x400 Final
4:59pm	W	4x400 Final
5:06pm	M	4x400 Final
5:13pm	W	Olympic Dev 4x400
5:20pm	M	Olympic Dev 4x400
5:27pm	W	Tom Jone's 4x400 INVITE
approx 5:34pm	M	Jimmy Carnes 4x400 INVITE

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Final schedule posted once we have all entries