

2024 Rod McCravy Memorial T&F Meet

(Tentative Time Schedule of Events – Subject to change)

January 12 – 13, 2024

Thursday, January 11

5:00pm – Practice – **Track raised**
HJ pits off center straightaway

Friday, January 12

Field Events

12:00 pm - **High Jump** – Women **big pit at 60m start line**
12:00 pm - **High Jump** – Men **smaller pit at 60m finish line**
1:30 pm - **Weight Throw** – Men
following men – **Women's Weight Throw**
1:30 pm - **Long Jump** – Women
following women – **Men's Long Jump**
3:30 pm – **Pole Vault** - Women

Track Events

Track lowered

3:00 pm - **60 meters** – Women – 1st Round (9)
3:25 pm - **60 meters** – Men – 1st Round (5)
3:45 pm - **60m Hurdle** – Women -1st Round (6)
4:05 pm – **60m Hurdle** – Men – 1st Round (3)
4:15pm - Track raised
4:20 pm - **300 meters** – Women (7 sections)
4:40 pm - **300 meters** – Men (6)
5:00 pm - **600 meters** – Women (3)
5:10 pm - **600 meters** – Men (3)
5:25 pm – **Distance Medley** – Women (1)
5:40 pm – **Distance Medley** – Men (1)
5:55 pm - **200 meters** – Women (11-13)
6:30 pm - **200 meters** – Men (7-8)
6:55 pm - **1,000 meters** - Women (1)
7:00 pm - **1,000 meters** - Men (1)

Saturday, January 13

Field Events

11:00 am – **Pole Vault** – Men
11:00 am - **Shot Put** – Women
following women – **Men's Shot Put**
12:00 pm - **Triple Jump** – Women
following women – **Men's Triple Jump**
1:30 pm – **Invitational Pole Vault** - Men

Track Events

Track lowered

11:50 pm – **McCravy Tribute / Nat'l Anthem**
12:00 pm - **60 meters** – Women –Semifinal (2)
12:07 pm - **60 meters** – Men – Semifinal (2)
12:20 pm - **60m Hurdle** -Women -Semifinal (2)
12:28 pm - **60m Hurdle** – Men – Semifinal (2)
12:35pm -Track raised
12:40 pm - **Mile** – Women (3 sections)
1:00 pm - **Mile** – Men (2)
1:10pm -Track lowered
1:15 pm - **60 meters** – Women – Final
1:20 pm - **60 meters** – Men – Final
1:30pm – **60m Hurdle** – Women – Final
1:35 pm – **60m Hurdle** – Men – Final
1:40pm -Track raised
1:45 pm - **400 meters** – Women (6)
2:10 pm - **400 meters** – Men (4)
2:30 pm - **800 meters** – Women (2)
2:40 pm - **800 meters** – Men (1)
2:45 pm - **3,000 meters** – Women (2)
3:10 pm – **3,000 meters**– Men (1)
3:25 pm - **4x400m Relay** – Women (3-4)
3:45 pm - **4x400m Relay** – Men (3)