



**Friday, March 29, 2024**

Field Events		Running Events	
8:00am	G Discus Inner	9:00am	B 3200m
8:30am	B Discus Outer	9:30am	G 3200m
9:00am	G Long Jump	10:00am	B 100m (Back)
9:00am	B Long Jump	10:00am	G 100mH (Front)
9:00am	G High Jump	10:15am	G 100m (Back)
9:00am	B Pole Vault	10:15am	B 110mH (Front)
10:45am	B Javelin	10:30am	G 800m
11:00am	W Hammer	10:45am	B 800m
11:15am	G Shot Put	11:00am	G 400m
11:15am	B Shot Put	11:20am	B 400m
12:00pm	B David Perkel High Jump		
12:00pm	G Pole Vault	12:00pm	W 4x800
12:15pm	G Javelin	2:30pm	W 4x100 Prelim
2:30pm	M High Jump Open	2:40pm	M 4x100 Prelim
2:00pm	W Discus INVITE	2:50pm	G 4x100 Prelim
3:30pm	M Hammer	3:05pm	B 4x100 Prelim
4:00pm	W Long Jump INVITE	3:20pm	G 1600m
4:00pm	M Long Jump INVITE	3:35pm	B 1600m
4:00pm	M Javelin	3:50pm	W 1500m
	W W JAV TO FOLLOW MEN	4:05pm	M 1500m
4:00pm	W Pole Vault	4:20pm	W 200m
5:30pm	M High Jump INVITE	4:40pm	M 200m
6:00pm	W Long Jump Open	5:00pm	W 200m (OD)
6:00pm	M Long Jump Open	5:10pm	M 200m (OD)
		5:25pm	W 400mH
		5:45pm	M 400mH
		6:05pm	G 4x400 Prelim
		6:30pm	B 4x400 Prelim
		6:50pm	W 4x400 Prelim
		7:10pm	M 4x400 Prelim
		7:25pm	W 1500 INVITE
		7:35pm	M 1500 INVITE
		7:50pm	W Steeple
		8:05pm	M Steeple
		8:20pm	W 5k
		8:45pm	M 5k

**Saturday, March 30, 2024**

Field Events		Running Events	
9:00am	G Triple Jump	9:30am	G 4x800
9:00am	B Triple Jump	9:55am	B 4x800
9:00am	M Discus Open	10:20am	G 4x200
11:00am	M Discus INVITE	10:40am	B 4x200
12:00pm	W High Jump INVITE		
12:00pm	M Shot Put Open	12:00pm	W 100mH Prelim
12:00pm	W Shot Put INVITE	12:15pm	100mH Prelim (OD)
1:00pm	M Pole Vault	12:25pm	M 110mH Prelim
1:00pm	W Triple Jump	12:35pm	100mH Prelim (OD)
1:30pm	W Discus Open	12:45pm	G 4x100 Final
2:30pm	W High Jump Open	12:50pm	B 4x100 Final
2:30pm	M Shot Put INVITE	12:55pm	W 4x100 Final
3:30pm	W Shot Put Open	1:00pm	M 4x100 Final
3:00pm	M Triple Jump	1:05pm	W 4x100 (OD)
		1:10pm	M 4x100 (OD)
		1:20pm	W 800m
		1:45pm	M 800m
		2:25pm	W 100mH Final
		2:30pm	100mH Final (OD)
		2:40pm	M 110mH Final
		2:45pm	110mH Final (OD)
		2:55pm	W 400m
		3:15pm	W 400m (OD)
		3:20pm	M Tyrone Kemp 400m
		3:45pm	M 400m (OD)
		3:55pm	W 100m
		4:10pm	W 100m (OD)
		4:20pm	M 100m
		4:35pm	M 100m (OD)
		4:50pm	W 3K
		5:05pm	M 3K
		5:20pm	G 4x400 Final
		5:27pm	B 4x400 Final
		5:34pm	W 4x400 Final
		5:41pm	M 4x400 Final
		5:48pm	W Olympic Dev 4x400
		5:55pm	M Olympic Dev 4x400
		6:02pm	W Tom Jone's 4x400 INVITE
		6:09pm	M Jimmy Carnes 4x400 INVITE