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	TIME	MEN'S FIELD EVENTS	DIVISION	ROUND	
	6:00 PM	Weight Throw	Men	Prelim/Final	

THURSDAY, MARCH 7, 2024 - WOMEN				
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND	
8:00 PM	Weight Throw	Women	Prelim/Final	

All times noted are Eastern Time Schedule is subject to change (Updated 2/26/2024)

FRIDAY, MARCH 8, 2024 - MEN					
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND		
4:00 PM	Mile	Men	Semifinal		
4:18 PM	60 Meters	Men	Semifinal		
4:30 PM	400 Meters	Men	Semifinal		
4:50 PM	800 Meters	Men	Semifinal		
5:05 PM	60 Hurdles	Men	Semifinal		
5:20 PM	5000 Meters	Men	Final		
5:40 PM	200 Meters	Men	Semifinal		
6:00 PM	Distance Medley Relay	Men	Final		
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND		
2:00 PM	Pole Vault	Men	Final		
4:00 PM	Long Jump	Men	Prelim/Final		
TIME	MEN'S HEPTATHLON	DIVISION	ROUND		
9:30	60 Meters	Men	Final		
10:30	Long Jump (2 runways)	Men	Final		
11:45	Shot Put (1 circle)	Men	Final		
1:15 PM	High Jump (2 pits)	Men	Final		
	FRIDAY, MARCH 8, 202	4 - WOMEN			
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND		
7:00 PM	Mile	Women	Semifinal		
7:18 PM	60 Meters	Women	Semifinal		
7:30 PM	400 Meters	Women	Semifinal		
7:50 PM	800 Meters	Women	Semifinal		
8:05 PM	60 Hurdles	Women	Semifinal		
8:20 PM	5000 Meters	Women	Final		
8:40 PM	200 Meters	Women	Semifinal		
9:00 PM	Distance Medley Relay	Women	Final		
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND		
6:00 PM	Pole Vault	Women	Final		
7:00 PM	Long Jump	Women	Prelim/Final		
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND		
9:50	60 Hurdles	Women	Final		
11:00	High Jump (2 pits)	Women	Final		
1:00 PM	Shot Put (1 circle)	Women	Final		
2:15 PM	Long Jump (2 runways)	Women	Final		
3:40 PM	800 Meters	Women	Final		

CATURDAY MARCULO 2024 MEN						
SATURDAY, MARCH 9, 2024 - MEN						
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND			
4:00 PM	Mile	Men	Final			
4:10 PM	60 Meters	Men	Final			
4:20 PM	400 Meters	Men	Final			
4:30 PM	800 Meters	Men	Final			
4:40 PM	60 Hurdles	Men	Final			
4:50 PM	200 Meters	Men	Final			
5:00 PM	3000 Meters	Men	Final			
5:20 PM	4x400 Relay	Men	Final			
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND			
1:00 PM	High Jump	Men	Final			
2:45 PM	Shot Put	Men	Prelim/Final			
3:30 PM	Triple Jump	Men	Prelim/Final			
TIME	MEN'S HEPTATHLON	DIVISION	ROUND			
10:30	60 Hurdles	Men	Final			
11:30	Pole Vault (1 pit)	Men	Final			
3:30 PM	1000 Meters	Men	Final			
	SATURDAY, MARCH 9, 2	024 - WOMEN				
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND			
7:00 PM	Mile	Women	Final			
7:10 PM	60 Meters	Women	Final			
7:20 PM	400 Meters	Women	Final			
7:30 PM	800 Meters	Women	Final			
7:40 PM	60 Hurdles	Women	Final			
7:50 PM	200 Meters	Women	Final			
8:00 PM	3000 Meters	Women	Final			
8:20 PM	4x400 Relay	Women	Final			
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND			
1:00 PM	High Jump	Women	Final			
5:45 PM	Shot Put	Women	Prelim/Final			
6:30 PM	Triple Jump	Women	Prelim/Final			