

2024 Jim Green Track & Field Invitational

FRIDAY, APRIL 19

DECATHLON

12:00 pm – 100 meters
12:45 pm – Long Jump
1:35 pm – Shot Put
2:30 pm – High Jump
4:00 pm - 400 meters

HEPTATHLON

12:30 pm – 100m Hurdles
1:10 pm – High Jump
3:00 pm – Shot Put
4:00 pm – 200 meters

FIELD EVENTS

2:30 pm – **Hammer Throw** – Women
(Men to follow) – **Hammer Throw** – Men

3:00 pm – **Long Jump** – Women
(Men to follow) – **Long Jump** – Men

3:30 pm – **Javelin** – Women
(Men to follow) – **Javelin** - Men

4:00 pm – **Pole Vault** – Women

TRACK EVENTS

4:30 pm – 400m Hurdles – Women
4:40 pm – 400m Hurdles – Men
5:00 pm – 200 meters – Women
5:25 pm – 200 meters – Men
5:40 pm – 1500 meters – Women
5:55 pm – 1500 meters – Men
6:15 pm – 800 meters Invitational – Women
6:20 pm – 800 meters Invitational – Men
6:30 pm - 3,000m Steeple – Women
6:45 pm - 3,000m Steeple – Men

SATURDAY, APRIL 20

DECATHLON

9:30 am – 110m Hurdles
10:15 am – Discus
11:30 am – Pole Vault
1:30 pm – Javelin
2:30 pm - 1500 meters

HEPTATHLON

11:30 am – Long Jump
12:30 pm – Javelin
1:30 pm – 800 meters

FIELD EVENTS

12:00 pm – **Discus** – Women
(Men to follow) – **Discus** – Men

12:00 pm – **Shot Put** – Men
(Women to follow) – **Shot Put** – Women

12:00 pm – **High Jump** – Women
(Men to follow) – **High Jump** – Men

12:30 pm – **Triple Jump** – Women
(Men to follow) – **Triple Jump** – Men

1:30 pm – **Pole Vault** – Men

TRACK EVENTS

12:00 pm – **Senior Ceremony**
12:40 pm – 4 x 100m Relay – Women
12:50 pm – 4 x 100m Relay – Men
1:00 pm – 5,000 meters – Women
1:15 pm – 5,000 meters – Men
1:30 pm – 100m Hurdles – Women – Prelim
1:40 pm – 110m Hurdles – Men – Prelim
1:50 pm – 100 meters – Women – Prelim
2:00 pm – 100 meters – Men – Prelim
2:15 pm – 400 meters – Women
2:30 pm – 400 meters – Men
2:50 pm – 100m Hurdles – Women - Final
2:55 pm – 110m Hurdles – Men - Final
3:00 pm – 100 meters – Women – Final
3:05 pm – 100 meters – Men – Final
3:10 pm – 800 meters – Women
3:20 pm – 800 meters – Men
3:30 pm – 4 x 400m Relay – Women
3:40 pm – 4 x 400m Relay – Men