

2024 Jim Green Track & Field Invitational

Revised - 4/17/24

FRIDAY, APRIL 19

HEPTATHLON

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

FIELD EVENTS

12:30 pm – **Inv. Hammer Throw** – Women

1:30 pm – **Inv. Hammer Throw** – Men

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

2:00 pm – **Pole Vault** – Women

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

3:00 pm – **Long Jump** – Women
3:00 pm – **Long Jump** – Men

5:30 pm – **Inv. Pole Vault** – Women

TRACK EVENTS

4:30 pm – 400m Hurdles – Women
4:45 pm – 400m Hurdles – Men
5:00 pm – 200 meters – Women
5:25 pm – 200 meters – Men
5:50 pm – 800 meters Invitational – Women
5:58 pm – 800 meters Invitational – Men
6:10 pm - 3,000m Steeple – Women
6:25 pm - 3,000m Steeple – Men
6:45 pm – 1500 meters – Women
7:15 pm – 1500 meters – Men

SATURDAY, APRIL 20

HEPTATHLON

10:30 am – Long Jump
11:30 am – Javelin
1:00 pm – 800 meters

FIELD EVENTS

10:30 am – **Discus** – Women
(Men to follow) – **Discus** – Men

11:00 am – **Pole Vault** – Men

11:00 am – **Shot Put** – Men
(Women to follow) – **Shot Put** – Women

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

12:45 pm – **High Jump** – Women
12:45 pm – **High Jump** – Men

2:30 pm – **Inv. 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
1:30 pm – 5,000 meters – Men
1:55 pm – 100m Hurdles – Women – Prelim
2:10 pm – 110m Hurdles – Men – Prelim
2:25 pm – 100 meters – Women – **Final**
2:40 pm – 100 meters – Men – **Final**
3:05 pm – 400 meters – Women
3:30 pm – 400 meters – Men
4:00 pm – 100m Hurdles – Women - Final
4:05 pm – 110m Hurdles – Men - Final
4:15 pm – 800 meters – Women
4:30 pm – 800 meters – Men
4:50 pm – 4 x 400m Relay – Women
5:00 pm – 4 x 400m Relay – Men