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 pm – 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 pm – 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