

# Southern Sprints 2024

## Event Schedule

Time	Event #	Description	Time	Event #	Description
9:00 AM	1	Master Men 30-39 LtWt	12:35 PM	42	HS Novice LtWt Men
9:00 AM	2	Master Men 40-49 LtWt	12:35 PM	45	HS Novice LtWt Women
9:00 AM	3	Master Men 30-39	12:50 PM	43	HS LtWt Women
9:00 AM	4	Master Men 40-49	1:05 PM	79	HS Flyweight Men
9:00 AM	5	Veteran Men 50+	1:20 PM	73	Open Men 20 min
9:00 AM	6	Master Women 30-39 LtWt	1:20 PM	74	Open Women 20 Min
9:00 AM	7	Master Women 40-49 LtWt	1:40 PM		** Adaptive 1000m Events: 67, 68, 69,
9:00 AM	8	Master Women 30-39			70, 71, 72, 75, 76, 82, 83, 86, 87, 88,
9:00 AM	9	Master Women 40-49			89, 90, 91, 92, 93, 94, 95, 96, 97, 98,
9:00 AM	10	Veteran Women 50+			99, 100, 101, 102, 103, 104, 105, 106,
9:00 AM	80	Veteran Men 50+ LtWt			107, 108, 109, 110, 111, 112, 113, 114,
9:00 AM	81	Veteran Women 50+ LtWt	2:00 PM	53	115, 116, 117, 118, 119, **
9:15 AM	11	Girls Age 9	2:00 PM	54	HS Men's Relay
9:15 AM	12	Girls Age 10	2:00 PM	55	HS Women's Relay
9:15 AM	13	Girls Age 11	2:00 PM	56	HS LtWt Men's Relay
9:15 AM	14	Girls Age 12	2:35 PM		HS LtWt Women's Relay
9:15 AM	17	Boys Age 9			** Adaptive 500m Events: 33, 34, 35,
9:15 AM	18	Boys Age 10	2:35 PM	57	36, 37, 38, 77, 78, 84, 85, **
9:15 AM	19	Boys Age 11	2:35 PM	58	Open/College LtWt Men
9:15 AM	20	Boys Age 12	2:35 PM	59	Open/College LtWt Women
9:25 AM	16(Heat 1)	Girls 7th and 8th Grade	2:35 PM	60	Open/College Women
9:25 AM	22(Heat 1)	Boys 7th and 8th Grade	2:35 PM	61	Open/College Men
9:45 AM	16(Heat 2)	Girls 7th and 8th Grade	2:35 PM	62	College Novice LtWt Women
9:45 AM	22(Heat 2)	Boys 7th and 8th Grade	2:35 PM	63	College Novice LtWt Men
10:05 AM	22(Heat 3)	Boys 7th and 8th Grade	2:35 PM	64	College Novice Women
10:25 AM	27	Open Hvy Men 500m Dash	2:35 PM	65	College Novice Men
10:25 AM	28	Open Hvy Women 500m Dash	3:00 PM	66	Open Women Relay
10:25 AM	29	Open LtWt Men 500m Dash			Open Men Relay
10:25 AM	30	Open LtWt Women 500m Dash			
10:35 AM	31	HS Men Cox			
10:35 AM	32	HS Women Cox			
10:50 AM	39(Heat 1)	HS Women			
11:05 AM	39(Heat 2)	HS Women			
11:05 AM	40(Heat 1)	HS Men			
11:20 AM	40(Heat 2)	HS Men			
11:35 AM	47	J15 Women			
11:35 AM	48	J15 Men			
11:50 AM	44	HS Novice Women			
12:05 PM	41(Heat 1)	HS LtWt Men			
12:05 PM	46	HS Novice Men			
12:20 PM	41(Heat 2)	HS LtWt Men			