## Southern Sprints 2024

## **Event Schedule**

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 19:00 AM 3 Master Men 40-49 1:05 PM 79 HS Flyweight Men 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 79:00 AM 6 Master Women 30-39 LtWt 1:20 PM 74 Open Women 20 Min 9:00 AM 6 Master Women 40-49 LtWt 1:40 PM 74 Open Women 20 Min 79:00 AM 77 Master Women 40-49 LtWt 1:40 PM 74 Open Women 20 Min 79:00 AM 8 Master Women 40-49 LtWt 1:40 PM 74 Open Women 20 Min 79:00 AM 9 Master Women 40-49 LtWt 1:40 PM 9:00 AM 9 Master Women 40-49 9:00 AM 9 Master Women 50+ 11:11 (11:11:11:11:11:11:11:11:11:11:11:11:11:	Time	Event #	Description	Time	Event #	Description
9:00 AM	9:00 AM	1	Master Men 30-39 LtWt	12:35 PM	42	HS Novice LtWt Men
9:00 AM	9:00 AM	2	Master Men 40-49 LtWt	12:35 PM	45	HS Novice LtWt Women
9:00 AM	9:00 AM	3	Master Men 30-39	12:50 PM	43	HS LtWt Women
9:00 AM	9:00 AM	4	Master Men 40-49	1:05 PM	79	HS Flyweight Men
9:00 AM	9:00 AM	5	Veteran Men 50+	1:20 PM	73	Open Men 20 min
9:00 AM	9:00 AM	6	Master Women 30-39 LtWt	1:20 PM	74	Open Women 20 Min
90.0 AM	9:00 AM	7	Master Women 40-49 LtWt	1:40 PM		
99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 100, 111, 112, 113, 114 9,00 AM 80 Veteran Women 50+ LtWt 2:00 PM 53 HS Men's Relay 9,00 AM 81 Veteran Women 50+ LtWt 2:00 PM 54 HS Women's Relay 9,15 AM 11 Girls Age 9 2:00 PM 55 HS LtWt Men's Relay 9,15 AM 12 Girls Age 10 2:00 PM 56 HS LtWt Men's Relay 9,15 AM 13 Girls Age 11 2:35 PM 56 HS LtWt Men's Relay 9,15 AM 14 Girls Age 12 35 PM 57 Open/College LtWt Men 9,15 AM 17 Boys Age 9 2:35 PM 57 Open/College LtWt Men 9,15 AM 18 Boys Age 9 2:35 PM 57 Open/College LtWt Men 9,15 AM 19 Boys Age 11 2:35 PM 58 Open/College LtWt Men 9,15 AM 19 Boys Age 11 2:35 PM 59 Open/College LtWt Men 9,15 AM 16 (Heat 1) Girls 7th and 8th Grade 2:35 PM 60 Open/College Men 9,25 AM 22 (Heat 1) Boys 7th and 8th Grade 2:35 PM 61 College Novice LtWt Women 9,45 AM 16 (Heat 2) Girls 7th and 8th Grade 2:35 PM 62 College Novice LtWt Men 9,45 AM 16 (Heat 2) Boys 7th and 8th Grade 2:35 PM 63 College Novice LtWt Men 10,25 AM 27 Open Hvy Women 500m Dash 10,25 AM 28 Open Hvy Women 500m Dash 10,25 AM 30 Open LtWt Women 500m Dash 10,25 AM 30 Open LtWt Women 500m Dash 10,25 AM 30 Open LtWt Women 500m Dash 10,25 AM 30 (Heat 1) HS Women 11,35 AM 44 HS Novice Women 11,35 AM 47 J15 Women 11,35 AM 48 J15 Men 11,35 AM 44 HS Novice Women 11,35 AM 44 HS Novice Women 11,50 AM 44 HS Novice Women	9:00 AM	8	Master Women 30-39			
9.00 AM	9:00 AM	9	Master Women 40-49			99, 100, 101, 102, 103, 104, 105, 106,
9:00 AM         80         Veteran Women 50+ LtWt         2:00 PM         53         HS Men's Relay           9:00 AM         81         Veteran Women 50+ LtWt         2:00 PM         54         HS Women's Relay           9:15 AM         11         Girls Age 10         2:00 PM         56         HS LtWt Women's Relay           9:15 AM         13         Girls Age 11         2:35 PM         56         HS LtWt Women's Relay           9:15 AM         14         Girls Age 12         "* Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 84, 85, **           9:15 AM         17         Boys Age 9         2:35 PM         57         Open/College LtWt Women           9:15 AM         18         Boys Age 10         2:35 PM         58         Open/College LtWt Women           9:15 AM         19         Boys Age 11         2:35 PM         59         Open/College Women           9:15 AM         19         Boys Age 12         2:35 PM         60         Open/College Women           9:25 AM         16 (Heat 1)         Girls Th and 8th Grade         2:35 PM         61         College Novice LtWt Women           9:45 AM         16 (Heat 2)         Boys 7th and 8th Grade         2:35 PM         63         College Novice Women           10:25 AM	9:00 AM	10	Veteran Women 50+			
9:00 AM         81         Veteran Women 50+ LtWt         2:00 PM         54         HS Women's Relay           9:15 AM         11         Girls Age 9         2:00 PM         55         HS LtWt Men's Relay           9:15 AM         12         Girls Age 10         2:00 PM         56         HS LtWt Women's Relay           9:15 AM         13         Girls Age 12         35 PM         57         OpenCollege LtWt Men           9:15 AM         17         Boys Age 9         2:35 PM         57         Open/College LtWt Women           9:15 AM         18         Boys Age 10         2:35 PM         58         Open/College LtWt Women           9:15 AM         19         Boys Age 11         2:35 PM         58         Open/College Women           9:15 AM         20         Boys Age 12         2:35 PM         60         Open/College Women           9:25 AM         16 (Heat 1)         Girls 7th and 8th Grade         2:35 PM         61         College Novice LtWt Women           9:25 AM         16 (Heat 2)         Boys 7th and 8th Grade         2:35 PM         62         College Novice Women           9:45 AM         22 (Heat 3)         Boys 7th and 8th Grade         2:35 PM         64         College Novice Women           10:25 AM	9:00 AM	80	Veteran Men 50+ LtWt	2:00 PM	53	
9:15 AM 12 Girls Age 9 2:00 PM 55 HS LIWIt Men's Relay 9:15 AM 12 Girls Age 10 2:00 PM 56 HS LIWIt Women's Relay 9:15 AM 13 Girls Age 11 2:35 PM 56 HS LIWIT Women's Relay 9:15 AM 14 Girls Age 12 "Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 64, 85, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 64, 85, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 34, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 34, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 34, 34, 34, 35, 36, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 34, 34, 34, 36, 38, 37, 38, 77, 78, 48, 485, ** ** Adaptive 500m Events: 34, 34, 34, 34, 34, 34, 34, 34, 34, 34,	9:00 AM	81	Veteran Women 50+ LtWt			·
9:15 AM 12 Girls Age 10 2:00 PM 56 HS LtWt Women's Relay 9:15 AM 13 Girls Age 11 2:35 PM 4 4 Adaptive 500m Events: 33, 34, 35, 36, 37, 38, 77, 78, 84, 85, ** 9:15 AM 14 Girls Age 12 3:35 PM 57 Open/College LtWt Men 9:15 AM 18 Boys Age 9 2:35 PM 58 Open/College LtWt Women 9:15 AM 19 Boys Age 10 2:35 PM 59 Open/College Men 9:15 AM 20 Boys Age 11 2:35 PM 60 Open/College Men 9:25 AM 16 (Heat 1) Girls 7th and 8th Grade 2:35 PM 61 College Novice LtWt Women 9:25 AM 16 (Heat 2) Girls 7th and 8th Grade 2:35 PM 61 College Novice LtWt Women 9:45 AM 16 (Heat 2) Boys 7th and 8th Grade 2:35 PM 62 College Novice LtWt Women 9:45 AM 16 (Heat 2) Boys 7th and 8th Grade 2:35 PM 62 College Novice Men 10:05 AM 22 (Heat 3) Boys 7th and 8th Grade 2:35 PM 64 College Novice Men 10:05 AM 22 (Heat 3) Boys 7th and 8th Grade 3:30 PM 65 Open Women Relay 10:25 AM 27 Open Hvy Women 500m Dash 10:25 AM 28 Open LtWt Women 500m Dash 10:25 AM 30 Open LtWt Women 500m Dash 10:35 AM 32 HS Women 10:35 AM 32 HS Women 11:05 AM 39 (Heat 1) HS Women 11:05 AM 40 (Heat 2) HS Women 11:05 AM 47 J15 Women 11:35 AM 47 J15 Women 11:35 AM 48 J15 Men 11:35 AM 44 HS Novice Women 11:50 AM 44 HS Novice Women 11:50 AM 44 HS Novice Women 11:50 AM 44 HS Novice Women	9:15 AM	11	Girls Age 9			•
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10:05 AM	9:45 AM	16 (Heat 2)	Girls 7th and 8th Grade	2:35 PM	63	College Novice Women
10:25 AM 27	9:45 AM	22 (Heat 2)	Boys 7th and 8th Grade	2:35 PM	64	College Novice Men
10:25 AM 28	10:05 AM	22 (Heat 3)	Boys 7th and 8th Grade	3:00 PM	65	Open Women Relay
10:25 AM       29       Open LtWt Men 500m Dash         10:25 AM       30       Open LtWt Women 500m Dash         10:35 AM       31       HS Men 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	10:25 AM	27	Open Hvy Men 500m Dash	3:00 PM	66	Open Men Relay
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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	10:35 AM	32	HS Women Cox			
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12:05 PM 46 HS Novice Men	11:50 AM	44	HS Novice Women			
	12:05 PM	41 (Heat 1)	HS LtWt Men			
12:20 PM 41 (Heat 2) HS LtWt Men	12:05 PM	46	HS Novice Men			
	12:20 PM	41 (Heat 2)	HS LtWt Men			

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