

FRIDAY APRIL 19, 2024

FIELD EVENTS:

9:30 a.m. Pole Vault (boys)
Long Jump (girls)
10:00 a.m. Shot Put (girls)
11:30 a.m. Long Jump (boys)
12:00 p.m. Pole Vault (girls)
Shot Put (boys)
1:30 p.m. Triple Jump (girls)
2:00 p.m. Discus (girls)
High Jump (boys)
3:30 p.m. Triple Jump (girls)
4:00 p.m. Discus (boys)
High Jump (girls)

RUNNING EVENTS:

10:00 a.m. 3200-meter run (girls / boys) – FINAL

PRELIMS:

5:30 p.m. 400-meter relay (girls/boys)
5:50 p.m. 100/110-meter hurdles (girls/boys)
6:10 p.m. 100-meter dash (girls/boys)
6:30 p.m. 800-meter relay (girls/boys)
6:55 p.m. 400-meter dash (girls/boys)
7:10 p.m. 300-meter hurdles (girls/boys)
7:30 p.m. 200-meter dash (girls/boys)
8:30 p.m. 1600-meter relay (girls/boys)

SATURDAY APRIL 20, 2024

RUNNING EVENTS:

12:00 p.m. 400-meter relay (girls/boys)
12:10 p.m. 800-meter run (girls/boys)
12:25 p.m. 100/110-meter hurdles (girls/boys)
12:40 p.m. 100-meter dash (girls/boys)
12:50 p.m. 800-meter relay (girls/boys)
1:05 p.m. 400-meter dash (girls/boys)
1:15 p.m. 300-meter hurdles (girls/boys)
1:25 p.m. 200-meter dash (girls/boys)
1:35 p.m. 1600-meter run (girls/boys)
1:55 p.m. 1600-meter relay (girls/boys)