

Saturday June 8th, 2024 - Tentative Schedule

Track Event	Time	Field Event
5000M Run - M&W	9:00 AM	Javelin - M Followed by W
		Hammer - Women Followed by
		Women Weight Throw and Super Weight
	9:30 AM	Pole Vault - ALL
3k Race Walk & 3k Power Walk - ALL	10:00 AM	Long Jump - ALL
80/100/110m Hurdles	11:00 AM	
1500m Run	11:30 AM	Triple Jump - ALL
		Hammer - M followed by
		Men Weight Throw and Super Weight
100m Dash	12:00 Noon	
Distance Medley Relay	12:15 PM	Shot Put - W followed by M
Lunch Break	1:00 PM	
Sprint Medley	1:30 PM	Discuss - W followed by M
400m Dash	2:00 PM	High Jump - ALL
4x100m Relay	2:15 PM	
800m Run	2:30 PM	
200m Dash	3:00 PM	
*200/300/400m Hurdles	3:30 PM	
4x400m Relay	3:50 PM	
* 2k Steeplechase W & M60+	4:00 PM	
* 3k Steeplechase M19-59	4:20 PM	

**** There must be at least 3 participants in any of these races to have it contested
If an event is canceled, athletes will be notified by June 4th. If an event is canceled,
event fee will be refunded or the athlete may pick another event.***