

Finalized Schedule—Saturday, June 8, 2024

Track Event	Time	Field Event
5000m Run – M&W	9:00am	Javelin – Men followed by Women Hammer– Women followed by Women Weight Throw and Super Weight
	9:30am	Pole Vault—ALL
3k Race Walk & 3K Power Walk - M&W	10:00am	Long Jump—ALL
80/100m Hurdles	11:00am	
1500m Run	11:30am	Triple Jump—ALL Hammer—Men followed by Men Weight Throw and Super Weight
100m Dash	12:00noon	
Distance Medley Relay	12:15pm	Shot Put—Women followed by Men
LUNCH BREAK	1:00pm	
Sprint Medley	1:30pm	Discus—Women followed by Men
400m Dash	2:00pm	High Jump—ALL
4x100m Relay	2:15pm	
800m Run	2:30pm	
200m Dash	3:00pm	
200/300/400m Hurdles	3:30pm	
4x400m Relay	3:50pm	
2K Steeplechase W&M 60+	4:00pm	