

Sunday, February 25, 2024				
Track Events				
Sections will run Female then Male, Oldest to Youngest				
Time	Event	Round	Gender	Age Group (# of athletes)
8:30	Facility opens to track athletes			
10:15	60m	Timed Final	Women	Masters (17)
10:25	60m	Timed Final	Men	Masters (53)
11:00	3000m RW	Timed Final	Women & Men	Masters (7)
11:25	Mile Steeplechase 0.762m	Timed Final	Women & Men	W30+ (1) and M60+ (1)
11:30	60mH (0.457m)	Tetrathlon	Girls & Boys	U10 (4)
11:35	60mH (0.610m)	Tetrathlon	Girls	U12 (3)
	60mH (0.610m)	Tetrathlon	Boys	U12 (4)
	60mH (0.762m)	Tetrathlon	Girls	U14 (0)
11:40	60mH (0.762m)	Tetrathlon	Boys	U14 (3)
11:45	Mile Steeplechase 0.914m	Timed Final	Men	M30 – M55 (3)
11:55	1200m	Timed Final	Girls	U14 (19)
12:10	1200m	Timed Final	Boys	U14 (11)
12:15	1500m	Timed Final	Women	Masters (10) +
12:25	1500m	Timed Final	Men	Masters (27)
12:30	All 4x800m Relay Cards Due			
12:45	400m	Timed Final	Women	Masters (8)
12:55	400m	Timed Final	Men	Masters (20)
	Track Break			
2:00	4x800m	Final	Girls & Boys	U14 (5)
2:10	4x800m	Timed Final	Women – Men	Masters
2:20	300m	Timed Final	Girls	U14 (30)
2:40	300m	Timed Final	Boys	U14 (17)
3:00	Masters 4x200m and 4x400m Relay Cards Due			
3:00	60mH	Timed Final	Women	Masters (4)
3:10	60mH	Timed Final	Men	Masters (6)
3:15	3000m	Timed Final	Women & Men	Women All Ages (7) and M70+ (4)
3:30	3000m	Timed Final	Men	M30 – M69 (10)
3:45	200m	Timed Final	Women	Masters (17)
4:00	200m	Timed Final	Men	Masters (42)
4:30	800m	Timed Final	Women	Masters (7)
4:35	800m	Timed Final	Men	Masters (26)
*TBD	4x200m	Timed Final	Women – Men	Masters
*TBD	4x400m	Timed Final	Women – Men	Masters
*TBD	200m	Tetrathlon	Girls	U10 & U12 & U14
*TBD	200m	Tetrathlon	Boys	U10 & U12 & U14

Sunday, February 25, 2024						
Field Events						
Field	Throws Warmup	Throws	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	
7:45	Warmup					
8:00	Main Circle					
8:15		Weight Throw Flight 1 All Women (9) & M70+ (5) 8:15am				
8:30			Warmup			
8:45			High Jump Mixed (11) 9:00am			
9:00						
9:15	Warmup					
9:30	East Circle					
9:45		Weight Throw Flight 2 M30 - M69 (10) 10:00am				
10:00			Pit open for warm-up			
10:15	Warmup					
10:30	East Circle					
10:45		Shot Put All Women (15) 11:00am				
11:00			High Jump Girls U14 (9) Boys U14 (3) 11:00	Warmup	Warmup	
11:15						
11:30				Long Jump M30 – M69 (13) 11:30am	Long Jump All Women (4) & M70+ (3) 11:30am	
11:45	Warmup					
12:00	East Circle					
12:15		Tetrathlon Shot Put Girls & Boys Est: 12:15	Warmup			
12:30	Warmup					
12:45	East Circle					
1:00		Shot Put Flight 2 M30 – M64 (9) 1:00pm	Pole Vault Mixed (6) 1:00pm		Warmup	
1:15				Warmup		
1:30	Warmup				Triple Jump M30 – M69 (10) 1:45pm	Triple Jump All Women (2) & M70+ (3) 1:30pm
1:45	Main Circle					
2:00		Shot Put Flight 3 M65+ (12) 2:00pm				
2:15			Tetrathlon High Jump Girls & Boys Est: 2:00			
2:30						
2:45						
3:00						

*Combined events to receive a 30-minute break in between the end of one event and the start of the next unless all athletes agree to start earlier. The Combined Events Referee will determine the actual start time of each successive event and advise athletes of the actual start time. The scheduled start time of the Shot Put and High Jump are only estimates.