|  |  |  |
| --- | --- | --- |
| **Track Events** | | |
| **11:00 AM** | **60m hurdles heats** | **Women** |
| **11:05 AM** | **Men** |
| **11:10 AM** | **60m heats** | **Women** |
| **11:30 AM** | **Men** |
| **11:55 AM** | **1000m timed section** | **Women** |
| **12:00 PM** | **Men** |
| **12:15 PM** | **4x200m relay** | **Women** |
| **12:25 PM** | **Men** |
| **12:35 PM** | **1200M timed section** | **Women** |
| **12:40 PM** | **Men** |
| **12:50 PM** | **1500m times sections** | **Women** |
| **12:55 PM** | **Men** |
| **Track Break** | | |
| **1:40 PM** | **60m hurdles final** | **Men** |
| **1:45 PM** | **Women** |
| **1:55 PM** | **60m final (A+B Final)** | **Men** |
| **2:00 PM** | **Women** |
| **2:10 PM** | **600m timed sections** | **Women** |
| **2:25 PM** | **Men** |
| **2:45 PM** | **300m timed sections** | **Women** |
| **3:15 PM** | **Men** |
| **3:50 PM** | **3000m times sections** | **Women** |
| **4:05 PM** | **Men** |
| **4:25 PM** | **4x800m timed sections** | **Women** |
| **4:35 PM** | **Men** |
| **4:45 PM** | **4x400m timed sections** | **Women** |
| **4:50 PM** | **Men** |
| **Field Events** | | |

2024 Sharon Anderson Memorial Track Meet

Saturday January 6th, 2024

|  |  |  |
| --- | --- | --- |
|  | **Men** | **Women** |
| **Weight Throw** | **8:00 AM** | **8:00 AM** |
| **Shot Put** | **8:45 AM** | **8:45 AM** |
| **Long Jump** | **11:00 AM** | **1:00 PM** |
| **High Jump** | **11:00 AM** | **2:00 PM** |
| **Pole Vault** | **2:00 PM** | **11:30 AM** |
| **Triple Jump** | **3:00 PM** | **4:30 PM** |

**SPIKES**

* All spikes must be presented to be checked at the spike check in table (where you receive your hip numbers)
* Athletes will not be allowed to compete without having their spikes

checked and cleared .

* Acceptable spikes:  6mm pyramids / cones – same size
* Any athletes competing with longer than 7mm spikes will be disqualified.
* Water is the only permitted drink allowed on the track facility.

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