|  |  |  |
| --- | --- | --- |
| **11:00 AM** | **60m Hurdle Heats**  | **Women**  |
| **11:05 AM** | **Men**  |
| **11:10 AM** | **60m Heats**  | **Women**  |
| **11:30 AM** | **Men**  |
| **11:50 AM** | **1000m Timed Sections** | **Women**  |
| **12:00 PM** | **Men**  |
| **12:15 PM** | **4x200m Relay**  | **Women**  |
| **12:20 PM** | **Men** |
| **12:30 PM** | **1200M Timed Sections** | **Women**  |
| **12:40 PM** | **1500m Timed Sections**  | **Women**  |
| **12:50 PM** | **Men**  |
| **1:00PM** | **60m Hurdle Final**  | **Men** |
| **1:05 PM** | **Women** |
| **1:10 PM** | **60m Final (A+B Final)**  | **Men** |
| **1:20 PM** | **Women** |
| **1:30 PM** | **600m Timed Sections**  | **Women**  |
| **1:35 PM** | **Men**  |
| **1:50 PM** | **300m Timed Sections**  | **Women**  |
| **2:05 PM** | **Men**  |
| **2:20 PM** | **3000m Timed Sections**  | **Women**  |
| **2:35 PM** | **Men**  |
| **2:50 PM** | **4x800m Timed Sections**  | **Women**  |
| **3:05 PM** | **4x400m Timed Sections**  | **Women**  |
| **3:15 PM** | **4x400m Timed Sections**  | **Men**  |

2024 Fred Foot Memorial Track Meet

Saturday January 20th, 2024