



2024 Fred Foot Memorial Track Meet

January 20th, 2024

May Run up to 20 minutes ahead of schedule



Track Events (*Running fast to slow*)

Time	Event	
11:00 AM	60m Hurdle Heats	Women
11:15 AM		Men
11:20 AM	60m Heats	Women (56)
11:40 AM		Men (90)
12:20 PM	1000m Timed Sections	Women (28)
12:35 PM		Men (21)
12:55 PM	4x200m Relay	Women
1:05 PM		Men
1:15 PM	1500m Timed Sections	Women (15)
1:30 PM		Men (40)
1:50 PM	60m Hurdle Final	Men
2:00 PM		Women
2:15 PM	60m Final (A+B Final)	Men
2:30 PM		Women
2:40 PM	600m Timed Sections	Women (36)
3:00 PM		Men (35)
3:15 PM	300m Timed Sections	Women (35)
3:40 PM		Men (46)
4:15 PM	3000m Timed Sections	Women (8)
4:45 PM		Men (9)
5:00 PM	4x400m Timed Sections	Women (5 teams)
5:15 PM	4x400m Timed Sections	Men (4 teams)

Field Events

Field Events	Men	Women
Weight Throw**	8:00 AM (3)	8:00 AM (3)
Shot Put	(5) Following WT	(9) Following WT
Long Jump	11:00 AM (13)	12:30 PM (19)
High Jump	11:15 AM (8)	2:00 PM (11)
Pole Vault	3:00 PM (12)	11:15 AM (19)
Triple Jump	2:00 PM (8)	3:30 PM (9)

****WT MUST START AT 8:00 AM**