

2024
Team Challenge
REVISED SCHEDULE

Friday

Track

Field

		2:30pm	Men's Weight Throw
		4:00pm	Kari (Hedges) Yeboah Memorial WT
5:00pm	Women's 60mH Pent		
5:30pm	Men's 60m Hep	5:40pm	Women's Pent High Jump
6:00pm	Women's 600m Final	6:00pm	Women's Pole Vault
6:20pm	Men's 600m Final	6:10pm	Men's Hep Long Jump
6:40pm	Women's 60m Heats		
7:00pm	Men's 60m Heats		
7:20pm	Women's Mile	7:00pm	Men's Hep Shot Put
7:30pm	Men's Mile	7:15pm	Men's Triple Jump
7:45pm	Women's 60m Final		
7:50pm	Men's 60m Final	7:45pm	Women's Pent Shot Put
8:10pm	Women's 4 x 200m Relay	8:30pm	Men's Hep High Jump
8:20pm	Men's 4 x 200m Relay	8:40pm	Women's Pent Long Jump
9:30pm	Women's 800m Pent		

Saturday

11:30am	Men's 60mH Hep	11:30am	Women's Long Jump
			Men's Shot Put
12:15pm	Men's 60mH Heats	12:15am	Men's Hep Pole Vault
12:25pm	Women's 60mH Heats		
1:05pm	National Anthems		
1:10pm	Senior Lancers Recognition	1:10pm	Women's Shot Put
1:20pm	Future Lancers 60m		
1:45pm	Women's 1000m		
2:05pm	Men's 1000m	1:30pm	Men's Long Jump
2:25pm	Women's 60mH Final		
2:30pm	Men's 60mH Final	2:30pm	Men's Pole Vault
			Women's High Jump
2:40pm	Heather Swift Memorial 3000m		
3:00pm	Men's 3000m		
3:15pm	Men's 1000m Hep		
3:25pm	April (Uhden Louw) Memorial 300m		
3:45pm	Men's 300m	3:30pm	Women's Triple Jump
4:00pm	Women's 4 x 800m		Men's High Jump
4:15pm	Men's 4 x 800m		
5:00pm	Women's 4x400m Relay		
5:10pm	Men's 4x400m Relay		