**\*\*\*\*\*\*\*Athletes Arrive no earlier than 9:15\*\*\*\*\*\*\***

**\*\*\*\*\*\*\*Coaches Meeting at 9:45 by the canteen\*\*\*\*\*\*\***

| **Track Day 1 - Tuesday, May 14th, 2024 -Gateway Field – Yarmouth** | | | |
| --- | --- | --- | --- |
| **Track** | | **Field** | |
| **Time\*** | **Event** | **Time\*** | **Event** |
| **10:00 am** | Sup Athletes 100m |  |  |
| **10:10 am** | 200m Run | **10:30 am** | Sup Athletes Shot Put |
| **11:40 am** | 80M Hurdles- JG,JB,IG | **11:00 am** | Sup Athletes Long Jump |
| **12:25 pm** | 100m/110m Hurdles-SGIB,SB |  |  |
| **1:00 pm** | 400m Dash |  |  |
| **1:50 pm** | 100m Dash Prelims |  |  |
| **3:30 pm** | 1500m Run |  |  |
| **4:30 pm** | 100m Dash Finals |  |  |
| **5:15 pm** | 4x400 Relay |  |  |
| **6:00 pm** | 4x100 Relay |  |  |

\*All times presented are the estimated start time for the events. Events will be started once the previous event has concluded, so events may start earlier or later than indicated. It is the responsibility of coaches and athletes to make sure that they pay attention to the announcer for calls for their event.

-All Scratches must be reported to the event’s staff by a Coach, scratches reported by an athlete will not be accepted. Track scratches should be reported to the Track Marshall.

-All track events are scheduled to be run in the following order: Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys (\*\*\*Hurdles will be slightly different due to new heights and distances for some of the categories)

**\*\*\*\*\*\*\*Athletes Arrive no earlier than 9:15\*\*\*\*\*\*\***

**\*\*\*\*\*\*\*Coaches Meeting at 9:45 in the Gym\*\*\*\*\*\*\***

| **Throws and Jumps - Day 2 - Wednesday, May 15th, 2024 -SRHS** | | | |
| --- | --- | --- | --- |
| **Track** | | **Field** | |
| **Time\*** | **Event** | **Time\*** | **Event** |
|  |  | **10:00 am** | Jr Girls High Jump  Jr Boys Discus  Int Girls ShotPut  Int Boys Triple Jump  Sr Girls Long Jump  Sr Boys Javelin |
|  |  | **11:00 am** | Jr Girls Javelin  Jr Boys Long Jump  Int Girls High Jump  Int Boys Discus  Sr Girls Shotput  Sr Boys Triple Jump |
|  |  | **12:01 pm** | Jr Girls Triple Jump  Jr Boys Shotput  Int Girls Javelin  Int Boys Long Jump  Sr Girls High Jump  Sr Boys Discus |
| **1:30 pm** | 800m Run | **1:30 pm** | Jr Girls Discus  Jr Boys High Jump  Int Girls Triple Jump  Int Boys Shotput  Sr Girls Javelin  Sr Boys Long Jump |
|  |  | **2:30 pm** | Jr Girls Long Jump  Jr Boys Javelin  Int Girls Discus  Int Boys High Jump  Sr Girls Triple Jump  Sr Boys Shotput |
| **3:30 pm** | 3000m Run | **3:30 pm** | Jr Girls Shotput  Jr Boys Triple Jump  Int Girls Long Jump  Int Boys Javelin  Sr Girls Discus  Sr Boys High Jump |