**\*\*\*\*\*\*\*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** |
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| **Track** | **Field** |
| **Time\*** | **Event** | **Time\*** | **Event** |
|  |  | **10:00 am** | Jr Girls High JumpJr Boys DiscusInt Girls ShotPutInt Boys Triple JumpSr Girls Long JumpSr Boys Javelin |
|  |  | **11:00 am** | Jr Girls JavelinJr Boys Long JumpInt Girls High JumpInt Boys DiscusSr Girls Shotput Sr Boys Triple Jump |
|  |  | **12:01 pm** | Jr Girls Triple JumpJr Boys ShotputInt Girls JavelinInt Boys Long JumpSr Girls High JumpSr Boys Discus |
| **1:30 pm** | 800m Run | **1:30 pm** | Jr Girls DiscusJr Boys High JumpInt Girls Triple JumpInt Boys ShotputSr Girls JavelinSr Boys Long Jump |
|  |  | **2:30 pm** | Jr Girls Long JumpJr Boys JavelinInt Girls DiscusInt Boys High JumpSr Girls Triple JumpSr Boys Shotput |
| **3:30 pm** | 3000m Run | **3:30 pm** | Jr Girls ShotputJr Boys Triple JumpInt Girls Long JumpInt Boys JavelinSr Girls DiscusSr Boys High Jump |