

R.C.L. DISTRICT "A" CHAMPIONSHIPS 2024

Friday June 21st, Saturday June 22nd

TRACK SCHEDULE

Friday, June 21st

6:00 pm U16 Girls & Boys 1500 m Steeplechase (30") Final (combined)
U18 Girls 2000 m Steeplechase (30") Final
U18 Boys 2000 m Steeplechase (33") Final

6:30 pm U16 Girls 80 m Hurdle (30") Timed Final
U18 Girls 100 m Hurdle (30") Timed Final
U16 Boys 100 m Hurdle (33") Timed Final
U18 Boys 110 m Hurdle (36") Timed Final

7:00 pm U16 Girls 300 m Timed Final
U18 Boys 300 m Timed Final
U16 Girls 400 m Timed Final
U18 Boys 400 m Timed Final

7:30 pm U16 Girls 1200 m Final
U16 Boys 1200 m Final
U18 Girls 1500 m Final
U18 Boys 1500 m Final

Saturday, June 22nd

9:00 am Opening Ceremonies

9:30 am U14 Girls 1200 m Final
U14 Boys 1200 m Final
U16 Girls 2000 m Final
U16 Boys 2000 m Final
U18 Girls 3000 m Final
U18 Boys 3000 m Final

/

10:30 am	U12 Girls 100 m Heats/Final U12 Boys 100 m Heats/Final U14 Girls 100 m Heats/Final U14 Boys 100 m Heats/Final U16 Girls 100 m Heats/Final U16 Boys 100 m Heats/Final U18 Girls 100 m Heats/Final U18 Boys 100 m Heats/Final
11:15 am	U12 Girls 300 m Timed Final U12 Boys 300 m Timed Final U14 Girls 300 m Timed Final U14 Boys 300 m Timed Final
12:30 pm	U16 Girls 200 m Hurdle (30") Timed Final U16 Boys 200 m Hurdle (30") Timed Final U18 Girls 400 m Hurdle (30") Timed Final U18 Boys 400 m Hurdle (33") Timed Final
1:00 pm	100 m Finals (if nec)
1:20 pm	U14 Girls 800 m Final U14 Boys 800 m Final U16 Girls 800 m Final U16 Boys 800 m Final U18 Girls 800 m Final U18 Boys 800 m Final
2:00 pm	U12 Girls 200 m Timed Final U12 Boys 200 m Timed Final U14 Girls 200 m Timed Final U14 Boys 200 m Timed Final U16 Girls 200 m Timed Final U16 Boys 200 m Timed Final U18 Girls 200 m Timed Final U18 Boys 200 m Timed Final

FIELD SCHEDULE

Friday, June 21st

- 6:00 pm Girls Triple Jump (U14, U16, U18)
 U18 Boys Javelin (700 g)
 U16, U18 Girls Hammer (3 kg)
- 7:00 pm Boys Triple Jump (U14, U16, U18)
 U18 Girls Javelin (500 g)
 U16 (4kg), U18 (5 kg) Boys Hammer

Saturday, June 22nd

- 9:15 am U12 Girls Long Jump
 U18 Girls High Jump
 U14 Boys Shot Put (3 kg)
 U16 Boys Javelin (600 g)
 U18 Boys Discus (1.5 kg)
- 10:00 am U12 Boys Long Jump
 U18 Boys High Jump
 U14 Girls Shot Put (3 kg)
 U16 Girls Javelin (500 g)
 U18 Girls Discus (1 kg)
- 10:45 am U14 Girls Long Jump
 U16 Girls High Jump
 U18 Boys Shot Put (5 kg)
 U16 Boys Discus (1 kg)
- 11:30 am U12 Boys & Girls Ball Throw
 U16 Girls Discus (1 kg)
 U18 Girls Shot Put (3 kg)
 U14 Boys Long Jump
 U16 Boys High Jump

12:30 pm	U14 Girls High Jump U16 Girls Long Jump U14 Boys Discus (.75 kg) U16 Boys Shot Put (4 kg)
1:15 pm	U14 Girls Discus (.75 kg) U16 Girls Shot Put (3 kg) U14 Boys High Jump U16 Boys Long Jump
2:00 pm	U18 Girls & Boys Long Jump