

ABAA NATIONAL TRACK & FIELD CHAMPIONSHIPS 2024

DAY 1 SATURDAY 29 JUNE 2024

EVENT #	EVENT	CATEGORY	TIME		
1	SHOT PUT	MEN	3:00 PM		
2	HIGH JUMP	WOMEN	3:00 PM		
3	400M HEATS	MEN	3:10 PM		
4	400M HEATS	MEN	3:18 PM		
5	TRIPLE JUMP	MEN	3:35 PM		
6	100M HEATS	WOMEN	4:00 PM		
7	100M HEATS	MEN	4:12 PM		
8	JAVELIN	WOMEN	4:00 PM		
9	1500M	U15 GIRLS	4:30 PM		
10	1500M	U15 BOYS	4:40 PM		
11	1500M	WOMEN	4:50 PM		
12	1500M	MEN	5:00 PM		
	MEDAL PRESENTATION				
13	LONG JUMP	WOMEN	5:20 PM		
14	400M INV	U15 GIRLS	5:25 PM		
15	400M INV	U15 BOYS	5:30 PM		
16	400M FINALS	WOMEN	5:35 PM		
17	400M FINALS	MEN	5:40 PM		
	MEDAL PRESENTATION				
18	80M INV	U9 GIRLS	5:55 PM		
19	80M INV	U9 BOYS	5:58 PM		
20	100M INV	U11 GIRLS	6:03 PM		
21	100M INV	U11 BOYS	6:08 PM		
22	100M INV	U13 GIRLS	6:13 PM		
23	100M INV	U13 BOYS	6:18 PM		
24	100M INV	U15 GIRLS	6:23 PM		
25	100M INV	U15 BOYS	6:28 PM		
	MEDAL PRESENTATION				
26	100M SPECIAL OLYMPICS	WOMEN	6:45 PM		
27	100M SPECIAL OLYMPICS	MEN	6:50 PM		
28	100M B FINAL	WOMEN	6:55 PM		
29	100M B FINAL	MEN	7:00 PM		
30	100M A FINAL	WOMEN	7:10 PM		
31	100M A FINAL	MEN	7:20 PM		
32	3000M FINALS	WOMEN	7:35 PM		
33	4X100M RELAY	WOMEN	8:00 PM		
34	4X100M RELAY	MEN	8:10 PM		
	MEDAL PRESENTATION				

DAY 2 SUNDAY 30 JUNE 2024					
EVENT #	EVENT	CATEGORY	TIME		
35	SHOT PUT	WOMEN	3:00 PM		
36	HIGH JUMP	MEN	3:00 PM		
37	200M HEATS	WOMEN	3:10 PM		
38	200M HEATS	MEN	3:25 PM		
39	TRIPLE JUMP	WOMEN	3:30 PM		
40	800M INV	U15 GIRLS	3:55 PM		
41	800M INV	U15 BOYS	4:05 PM		
42	800M FINALS	WOMEN	4:15 PM		
43	800M FINALS	MEN	4:25 PM		
	MEDAL PRESENTATION				
44	LONG JUMP	MEN	4:45 PM		
45	JAVELIN	MEN	4:45 PM		
46	150M INV	U9 GIRLS	5:05 PM		
47	150M INV	U9 BOYS	5:10 PM		
48	200M INV	U11 GIRLS	5:15 PM		
49	200M INV	U11 BOYS	5:20 PM		
50	200M INV	U13 GIRLS	5:25 PM		
51	200M INV	U13 BOYS	5:30 PM		
52	200M INV	U15 GIRLS	5:35 PM		
53	200M INV	U15 BOYS	5:40 PM		
	MEDAL PRESENTATION				
54	200M B FINALS	WOMEN	6:00 PM		
55	200M B FINALS	MEN	6:05 PM		
56	200M A FINALS	WOMEN	6:15 PM		
57	200M A FINALS	MEN	6:25 PM		
58	5000M FINALS	MEN	7:00 PM		
59	4X400M RELAY	MIXED	7:40 PM		
	MEDAL PRESENTATION				

ATHLETIC ASSOCIATION