

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
TENTATIVE SCHEDULE

(Revised 6/16/2024)

Track	2024 Flying Angels International Championships Schedule Friday, July 5, 2024		
Time	Event	Round	Age Group
6:00	400m Hurdles	Timed Final	U18 Girls / U20 Girls / Open Women
6:15	400m Hurdles	Timed Final	U18 Boys / U20 Boys / Open Men
6:30	2000m	Final	U13 Girls
6:45	2000m	Final	U13 Boys
7:00	3000m	Final	U15 Girls, U16 Girls, U18 Girls /
7:20	3000m	Final	U15 Boys, U16 Boys, U18 Boys /
8:00	5000m	Final	U20 Women / Open Women
8:20	5000m	Final	U20 Men / Open Men

Field	2024 Flying Angels International Championships Schedule Friday, July 5, 2024					
Field	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2	
4:00					U16 /U18 / U20 / Open Girls Hammer Throw	
4:15						
4:30						
4:45						
5:00					U16 /U18 / U20 / Open Boys Hammer Throw	
5:15						
5:30						
5:45						
6:00		U20 & Open Women Triple Jump		U20 & Open Men Shot Put		
6:15	U20 & Open Women High Jump					U20 & Open Men Javelin
6:30						
6:45						
7:00				U20 & Open Women Shot Put		
7:15	U20 & Open Men High Jump				U20 & Open Women Javelin	
7:30		U20 & Open Men Triple Jump				
7:45						
8:00						
8:15						
8:30						
8:45						

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Track	2024 Flying Angels International Championships Schedule Saturday, July 6, 2024		
Time	Event	Round	Age Group
9:00	1200m	Timed Finals	U11 Girls
9:10	1200m	Timed Finals	U11 Boys
9:20	400m	Timed Finals	U9 Girls / U9 Boys
9:23	400m	Timed Finals	U11 Girls / U11 Boys
9:35	400m	Timed Finals	U13 Girls / U13 Boys
9:45	400m	Timed Finals	U15 Girls / U15 Boys
9:55	400m	Timed Finals	U16 Girls / U16 Boys
10:05	400m	Timed Finals	U18 Girls / U18 Boys
10:20	400m	Timed Finals	U20 Women & Open Women
10:25	400m	Timed Finals	U20 Men & Open Men
	80m Hurdles	Heats or Finals	U15 Girls / U16 Girls
10:45	100m Hurdles	Heats or Finals	U18 Girls / U15 Boys / U16 Boys / U20 Women / Open Women
10:55	110m Hurdles	Heats or Finals	U18 Boys / U20 Men / Open Men
11:15	1500m	Timed Finals	U13 Girls
11:25	1500m	Timed Finals	U13 Boys
11:35	1500m	Timed Finals	U15 Girls
11:45	1500m	Timed Finals	U15 Boys
12:15	OPENING CEREMONIES		
12:30	80m Hurdles	Heats or Finals	U15 Girls / U16 Girls
12:40	100m Hurdles	Finals (if necessary)	U18 Girls / U15 Boys / U16 Boys / U20 Women / Open Women
12:50	110m Hurdles	Finals (if necessary)	U18 Boys / U20 Men & Open Men
1:00	100m	Prelims	U9 Girls / U9 Boys
1:15	100m	Prelims	U11 Girls / U11 Boys
1:30	100m	Prelims	U13 Girls / U13 Boys
1:45	100m	Prelims	U15 Girls / U15 Boys
2:00	100m	Prelims	U16 Girls / U16 Boys
2:15	100m	Prelims	U18 Girls / U18 Boys
2:30	100m	Prelims	U20 Women & U20 Men
2:45	100m	Prelims	Open Women & Open Men
3:00	1500m	Timed Finals	U16 Girls / U18 Girls / U20 Women / Open Women
3:20	100m	Finals	Parents & Coaches Women / Men
3:25	100m	Finals	U9 Girls / U9 Boys
3:30	100m	Finals	U11 Girls / U11 Boys
3:35	100m	Finals	U13 Girls / U13 Boys
3:40	100m	Finals	U15 Girls / U15 Boys
3:45	100m	Finals	U16 Girls / U16 Boys
3:50	100m	Finals	U18 Girls / U18 Boys
3:55	100m	Finals	U20 Women & U20 Men
4:00	100m	Finals	Open Women & Open Men
4:15	1500m	Timed Finals	U16 Boys / U18 Boys / U20 Men / Open Men
4:45	4x100 Relay	Timed Finals	U9, U11, U13, U15, U16, U18, U20, Open Girls
4:55	4x100 Relay	Timed Finals	U9, U11, U13, U15, U16, U18, U20, Open Boys

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Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2
9:00	U11 & U13 Girls High Jump	U20 & Open Men Long Jump	U15 Boys Long Jump	U9 Girls & Boys Shot Put	U16 & U18 Girls Discus Throw
9:15					
9:30					
9:45					
10:00	U15 / U16 / U18 Girls High Jump	U16 & U18 Boys Long Jump	U13 Boys Long Jump	U15 & U16 Boys Shot Put	U20 & Open Women Discus Throw
10:15					
10:30					
10:45					
11:00	U15 / U16 / U18 Boys High Jump	U20 & Open Women Long Jump	U11 Boys Long Jump	U18 Boys Shot Put	U20 & Open Men Discus Throw
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
12:45					
1:00	U11 & U13 Boys High Jump	U16 & U18 Girls Long Jump	U11 Girls Long Jump	U15 Girls Shot Put	U13 / U15 / U16 / U18 Girls Javelin
1:15					
1:30					
1:45					
2:00				U13 Girls Shot Put	U13 / U15 / U16 / U18 Boys Javelin
2:15					
2:30					
2:45					
3:00		U15 Girls Long Jump	U13 Girls Long Jump	U11 Girls Shot Put	
3:15					
3:30					
3:45					
4:00					
4:15					

FLYING ANGELS INTERNATIONAL CHAMPIONSHIPS
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Track	2024 Flying Angels International Championships Schedule Sunday, July 7, 2024		
Time	Event	Round	Age Group
9:00	200m Hurdles (scissor hurdles)	Timed Finals	U9 Girls / U9 Boys
9:05	200m Hurdles (scissor hurdles)	Timed Finals	U11 Girls / U11 Boys
9:10	200m Hurdles (scissor hurdles)	Timed Finals	U13 Girls / U13 Boys
9:15	200m Hurdles	Timed Finals	U15 Girls / U15 Boys
9:20	200m Hurdles	Timed Finals	U16 Girls / U16 Boys
9:40	800m	Timed Finals	U9 Girls / U11 Girls
9:50	800m	Timed Finals	U13 Girls / U15 Girls
10:00	800m	Timed Finals	U16 Girls / U18 Girls
10:10	800m	Timed Finals	U20 Women & Open Women
10:25	200m	Timed Finals	U9 Girls / U9 Boys
10:40	200m	Timed Finals	U11 Girls / U11 Boys
10:55	200m	Timed Finals	U13 Girls / U13 Boys
11:10	200m	Timed Finals	U15 Girls / U15 Boys
11:25	200m	Heats	U16 Girls / U16 Boys
11:40	200m	Heats	U18 Girls / U18 Boys
11:55	200m	Heats	U20 Women & Open Women
12:10	200m	Heats	U20 Men & Open Men
12:30	800m	Timed Finals	U9 Boys / U11 Boys
12:40	800m	Timed Finals	U13 Boys / U15 Boys
12:50	800m	Timed Finals	U16 Boys / U18 Boys
1:00	800m	Timed Finals	U20 Men & Open Men
1:15	200m	Finals	U16 Girls / U16 Boys
1:25	200m	Finals	U18 Girls / U18 Boys
1:35	200m	Finals	U20 Women & U20 Men
1:45	200m	Finals	Open Women & Open Men
2:00	4x100 Relay	Finals	Parents & Coaches Mixed
2:30	Sprint Medley Relay	Finals	U9 / U13 / U16 / U20 Girls
2:40	Sprint Medley Relay	Finals	U9 / U13 / U16 / U20 Boys
2:50	Mixed 4x400 Relay	Finals	U11 / U15 / U18 / Open
3:30	Team Awards Ceremony		

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Time	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws 1	Throws 2	
9:00		U16 & U18 Boys Triple Jump		U11 Boys Shot Put		
9:15						
9:30						
9:45						
10:00	U16 / U18 / U20 / Open Girls Pole Vault	U16 & U18 Girls Triple Jump		U13 Boys Shot Put		
10:15						
10:30						
10:45						
11:00				U16 & U18 Girls Shot Put		
11:15						
11:30						
11:45						
12:00		U13 & U15 Boys Triple Jump				
12:15						
12:30					U13 / U15 Girls Discus Throw	
12:45						
1:00	U16 / U18 / U20 / Open Boys Pole Vault	U13 & U15 Girls Triple Jump			U16 / U18 Boys Discus Throw	
1:15						
1:30						
1:45						
2:00					U13 / U15 Boys Discus Throw	
2:15						
2:30						
2:45						
3:00		U9 Girls & Boys Long Jump				
3:15						
3:30						
3:45						
4:00						
4:15						