

Tentative Competition Schedule

2024 Fall Track and Field Finale



Note: A final schedule will be sent out and posted on or before Saturday September 21 with specific numbers of heats and competitors.

Events may be added as required.

		TRACK EVENTS – Sunda	•	22						
Sections will be run Slow to Fast										
Time	Event	Round	Gender	Age Group (# of Athletes)						
9:15	200 m	Timed Final	Women	Open						
9:35	200 m	Timed Final	Men	Open						
10:00	Sprint Hurdles	Prelims	All							
			categories							
10:45	1000 m	Timed Final	Women	Open						
	1000 m	Timed Final	Men	Open						
11:00	Racewalk	Timed Final	Women	Open						
			Men							
11:30	Sprint Hurdles	Finals	All							
			categories							
12:15	300 m	Timed Final	Women	Open						
12:25	300 m	Timed Final	Men	Open						
12:35	400 m	Timed Final	Women	Open						
12:45	400 m	Timed Final	Men	Open						
	TRA	CK BREAK/ LUNCH BREAK	(Track only)							
1:30	100 m	Prelims	Women	Open						
1:50	100 m		Men	Open						
2:20	Intermediate Hurdles	Timed Final	All							
			categories							
2:40	100 m	Finals	Women	Open						
3:05	100 m	Finals	Men	Open						
3:20	600 m	Timed Final	Women	Open						
3:30	600 m	Timed Final	Men	Open						
3:40	4x400 m Relay	Timed Final	All							
			categories							
3:50	4x800 m Relay	Timed Final	All							
			categories							
4:00	4x100 m Relay	Timed Final	All							
			categories							
4:10	Sprint Medley (400-200-200-	Timed Final	All							
	800 m)		categories							
*TBD	1000 m	Pentathlon	Boys	All Ages						
*TBD	800 m	Pentathlon	Girls	All Ages						

Note: All Sprint Hurdles and 100 m competitors will get to run both Prelims and Finals

Revised: Sunday, August 4, 2024



Tentative Competition Schedule

2024 Fall Track and Field Finale



Shot put (Circle 1) Shot put (Circle 1) Shot put (Circle 1) Shot put (Circle 2) Shot put (Circle 2) Shot put (Circle 1)		FIELD EVENTS – Sunday, September 22								
9:15 9:30 9:45 10:00 10:15 10:30 10:30 11:15 11:30 11:30 11:15 11:30 12:30 12:15 12:30 11:15 12:30 11:15 12:30 11:15 12:30 11:15 12:30 11:15 12:30 11:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:15 13:30 13:30 13:15 13:30 13:30 13:45 14:30 14:15 14:15 14:15 14:15 15:10:10 15:10		Horizontal Jumps	High Jump	Discus/Hammer	Javelin		(Circle 2 if			
9:30 9:45 10:00 10:15 10:30 10:45 11:10 11:15 11:30 11:45 12:00 12:15 1:30 12:45 1:00 12:45 1:00 12:45 1:00 12:45 1:00 13:30 12:45 1:00 13:30 12:45 13:30 13:45 14:45 14:50 14:15 15:30 13:30 13:45 14:50 14:15 14:30 14:45 15:30 15										
9:45										
9.45 10:00 10:15 10:30 10:45 11:00 11:15 12:30 12:45 12:00 12:15 12:30 12:15 12:00 12:15		Additional Girls or		Girls Hammer 1		Girls Shot put 1				
10:15										
10:15 10:30 10:45 11:00 11:15 11:30 11:45 12:00 pm 12:15 12:00 pm 12:45 10:00 12:45 10:00 12:45 10:00 12:15 13:00 12:45 10:00 12:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:15 13:15 13:30 13:15										
10:45 11:00 11:15 11:30 11:45 12:00 12:15 12:30 12:45 12:00 12:15 13:30 12:45 13:00 12:45 13:00 12:45 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:00 13:15 13:1										
11:00					Cage Throws					
11:15		=	Girls High Jump 1	Boys Hammer 1		Boys Shot put 1				
11:15 11:30 11:45 12:00 12:15 12:30 12:45 1:00 11:15 1:30 3:30 2:45 3:00 4:15 3:30 4:15 4:30 4:15 4:30 4:45 4:45 4:45 Pentathlon Boys Pentathlon Girls **EST 12:00 pm Pentathlon Boys Pentathlon Girls **EST 1:00 pm Pentathlon Girls **EST 1:00 pm Pentathlon Boys Pentathlon Girls **EST 1:00 pm Additional Girls or Boys Flight if needed All Triple Jump Additional Girls or Boys Flight if needed All Triple Jump Additional Girls or Boys Flight if needed		Boys Long Jump 1								
11:45 12:00 12:15 12:30 Pentathlon Boys **EST 12:00 pm **EST 12:00 pm Pentathlon Girls **EST 12:00 pm Pentathlon Girls **EST 12:00 pm Pentathlon Boys Pentathlon Girls **EST 12:00 pm Pentathlon Boys Pentathlon Boys Pentathlon Boys Pentathlon Boys Pentathlon Girls **EST 1:00 pm Pentathlon Boys Pentathlon Girls **EST 1:00 pm Pentathlon Girls										
12:00 12:15 Pentathlon Boys **EST 12:00 pm **EST 12:00 pm **EST 12:00 pm Pentathlon Girls **EST 12:00 pm Pentathlon Girls **EST 12:00 pm Pentathlon Boys Pentathlon Girls **EST 12:00 pm Pentathlon Boys Pentathlon Boys Pentathlon Boys Pentathlon Boys Pentathlon Boys Pentathlon Girls **EST 1:00 pm Pentathlon Girls **EST 1:00 pm Pentathlon Boys Pentathlon Girls **EST 1:00 pm Pentathlon Boys										
12:15										
12:30 **EST 12:00 pm **EST 12:00 pm Boys Javelin 1 Girls Shot put 2 1:245 1:00 Incolumnts Incolumnts Pentathlon Boys Pentathlon Girls 1:30 1:45 Incolumnts Boys High Jump 1 Boys High Jump 1 Boys Shot put 2 Pentathlon Boys Pentathlon Girls ** EST 1:00 pm 2:15 Incolumnts Pentathlon Boys Pentathlon Boys ** EST 2:30 pm Boys Shot put 3 Boys Shot put 3 3:15 Incolumnts Additional Girls or Boys Flight if needed Boys Discus 1 Girls Shot put 3 Girls Shot put 3				No Cage Throws	Boys Javelin 1	Girls Shot put 2				
12:45										
1:00										
1:15 1:30 Girls Long Jump 1 Boys High Jump 1 Girls Javelin 1 Boys Shot put 2 Pentathlon Boys Pentathlon Girls ** EST 1:00 pm 2:15 2:30 Pentathlon Girls ** EST 2:30 pm Boys Shot put 3 Boys Shot put 3 3:15 Pentathlon Girls ** EST 2:30 pm Fentathlon Boys Boys Shot put 3 Boys Shot put 3 3:30 No Javelin due to Cage Throws Cage Throws 4:00 Additional Girls or Boys Flight if needed Boys Discus 1 4:30 Girls Shot put 3										
1:30 Girls Long Jump 1 Boys High Jump 1 Girls Javelin 1 Boys Shot put 2 ** EST 1:00 pm 2:00 Pentathlon Girls ** EST 1:00 pm 2:15 Boys Shot put 2 ** EST 1:00 pm 2:30 Pentathlon Girls ** EST 2:30 pm Boys Shot put 3 3:15 Sirls Discus 1 No Javelin due to Cage Throws 3:30 Additional Girls or Boys Flight if needed Boys Discus 1 4:30 Girls Shot put 3				due to Javelin			Pentathlon Boys			
1:45			Boys High Jump 1		Girls Javelin 1	Boys Shot put 2				
2:00		Girls Long Jump 1					** EST 1:00 pm			
2:15 2:30 2:45 Pentathlon Girls 3:00 **EST 2:30 pm Girls Discus 1 Boys Shot put 3 Girls Shot put 3 Girls Shot put 3										
2:30										
2:45										
3:00 **EST 2:30 pm **EST 2:30 pm Boys Shot put 3 3:15 3:30 No Javelin due to Cage Throws 4:00 Additional Girls or Boys Flight if needed Boys Discus 1 4:30 Girls Shot put 3		Pentathlon Girls		Girls Discus 1		Boys Shot put 3				
3:15										
3:30 3:45 4:00 4:15 4:30 4:45 Additional Girls or Boys Flight if needed Boys Discus 1 Girls Shot put 3										
3:45 4:00 4:15 4:30 All Triple Jump Boys Flight if needed Boys Discus 1 Girls Shot put 3 Girls Shot put 3										
4:00 4:15 4:30 All Triple Jump Boys Flight if needed Additional Girls or Boys Discus 1 needed Girls Shot put 3		All Triple Jump	Boys Flight if	Boys Discus 1	Cage Throws	Girls Shot put 3				
4:15 4:30 All Triple Jump Boys Flight if needed Boys Discus 1 Girls Shot put 3 4:45										
4:30 needed 4:45										
4:45										

Subject to change based on entry numbers and to minimize conflicts for athletes in multiple events.

Javelin and discus may swap.

Revised: Sunday, August 4, 2024