



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 – Sunday September 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 Men	Open
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
TRACK 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 (400-200-200-800 m)	Timed Final	All 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



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FIELD EVENTS – Sunday, September 22								
Time	Horizontal Jumps	High Jump	Discus/Hammer	Javelin	Shot put (Circle 1)	Shot put (Circle 2 if needed)		
9:00								
9:15								
9:30	Additional Girls or Boys Flight if needed		Girls Hammer 1	No Javelin due to Cage Throws	Girls Shot put 1			
9:45								
10:00								
10:15								
10:30								
10:45	Boys Long Jump 1	Girls High Jump 1	Boys Hammer 1			Boys Shot put 1		
11:00								
11:15								
11:30								
11:45								
12:00	Pentathlon Boys **EST 12:00 pm	Pentathlon Girls **EST 12:00 pm	No Cage Throws due to Javelin	Boys Javelin 1	Girls Shot put 2			
12:15								
12:30								
12:45								
1:00	Girls Long Jump 1	Boys High Jump 1		Girls Javelin 1	Boys Shot put 2	Pentathlon Boys Pentathlon Girls ** EST 1:00 pm		
1:15								
1:30								
1:45								
2:00								
2:15								
2:30	Pentathlon Girls **EST 2:30 pm	Pentathlon Boys **EST 2:30 pm	Girls Discus 1	No Javelin due to Cage Throws	Boys Shot put 3			
2:45								
3:00								
3:15								
3:30	All Triple Jump	Additional Girls or Boys Flight if needed	Boys Discus 1			Girls Shot put 3		
3:45								
4:00								
4:15								
4:30								
4:45								
5:00								

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

Javelin and discus may swap.