**Saturday December 7th, 2024**

**Track Events**

| **TIME** | **TRACK EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 8:45am | *1200m/1500m Finals* U10/U12 Girls U10/U12 Boys  U10/U12 Girls  U14 Boys U14 Girls U16 Boys U16 Girls U18 Girls  U18/U20 Boys | ALL | Male  &Female |
| 9:25am | 60M Dash (Heats) | ALL | Female |
| 10:15 am | 60M Dash (Heats) | ALL | Male |
|  | LUNCH BREAK |  |  |
| 12:00 pm | 300M | ALL | Female |
| 12:30pm | 300M | ALL | Male |
| 12:55pm | 400M | U16, U18, U20 | Female |
| 1:20pm | 400M | U16, U18, U20 | Male |
| 1:45pm | 60M Dash (A +B Finals) \*B Finals will be dependent on entries \*\*The Medalist can come from either the A or B Final  Race Order: Youngest to Oldest | ALL | Female |
| 2:20pm | 60M Dash (A +B Finals) \*B Finals will be dependent on entries \*\*The Medalist can come from either the A or B Final  Race Order: Youngest to Oldest | ALL | Male |
| 3:00PM | 4 X 200M Relay Finals  **Race Order: Youngest to Oldest** | ALL | Female |
| 3:35 PM | 4 X 200M Relay Finals **Race Order: Oldest to Youngest** | ALL | Male |

**Saturday December 7th, 2024**

**Field Events**

| **TIME** | **FIELD EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 8:30am | Shot Put | U10/U12 | Male  &Female |
| 9:00am | High Jump | U10/U12 | Female |
| 9:00am | Long Jump (Pit 1) | U18/20 | Male |
| 9:00am | Long Jump (Pit 2) | U14 | Female |
| 10:00am | High Jump | U16/U18/U20 | Female |
| 10:00am | Shot Put | U14 | Male and Female |
| 11:00am | High Jump | U16, U18, U20 | Male |
| 11:00am | Long Jump (Pit 1) | U16 | Girls |
| 11:00am | Long Jump (Pit 2) | U18 | Girls |
| 11:00am | Shot Put | U16 | Male and Female |
| 12:00pm | Long Jump (Pit 1) | U14 | Boys |
| 12:00pm | Long Jump (Pit 2) | U16 | Boys |
| 12:15pm | Shot Put | U20 | Male and Female |
| 1:00PM | High Jump | U10/U12/14 | Male |
| 1:40pm | Weight Throw | All | Female |
| 2:30PM | High Jump | U14 | Girls |
| 3:20pm | Long Jump (Pit 1) | U8/U10 | Boys |
| 3:20pm | Long Jump (Pit 2) | U12 | Boys |
| 3:20pm | Shot Put | U18 | Male and Female |
| 4:30pm | Weight Throw | ALL | Male |

**Sunday December 8th, 2024**

**Track Events**

| **TIME** | **TRACK EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 9:15am | 60M Hurdles (Prelims)  U14 Girls U14 Boys U16 Girls  U18 Girls U16 Boys U18 Boys U20 Boys | ALL | Boys  &Girls |
| 10:30am | 800M | ALL | Girls |
| 10:50am | 800M | ALL | Boys |
| 11:15am | 60M Hurdles (Finals)  U20 Boys  U18 Boys U16 Boys U18 Girls  U16 Girls U14 Boys U14 Girls | ALL | Boys  &Girls |
|  | LUNCH BREAK |  |  |
| 1:00pm | Sprint Medley Relay Finals  Girls then Boys | ALL | Boys & Girls |
| 1:45pm | 150M Run | U8/U10/U12/U14 | Girls |
| 2:15PM | 150M Run | U8/U10/U12/U14 | Boys |
| 2:40PM | 200M Time Finals  Fastest to Slowest | ALL | Girls |
| 3:15PM | 200M Time Finals  Fastest to Slowest | ALL | Boys |
| 4:10PM | 4 X 400M | ALL | ALL |

**Sunday, December 8th, 2024**

**Field Events**

| **TIME** | **FIELD EVENT** | **AGE GROUP** | **GENDER** |
| --- | --- | --- | --- |
| 9:00am | Long Jump (Pit 1) | U8/10 | Girls |
| 9:00am | Triple Jump (Pit 2) | U14/U16 | Girls |
| 10:30am | Long Jump (Pit 1) | U12 | Girls |
| 10:30am | Long Jump (Pit 2) | U12 | Girls |
|  | LUNCH BREAK |  |  |
| 1:00pm | Triple Jump (Pit 1) | U18 | Girls |
| 1:00pm | Triple Jump (Pit 2) | U20 | Girls |
| 2:30pm | Triple Jump | U14/U16 | Boys |
| 3:30pm | Triple Jump | U18/U20 | Boys |