

Saturday May 11th, 2024

Track	Multi	Main Stadium - Field	West Stadium - Throws
	10:00am - 100mH		
	11:00am - 100m		10:30am Discus - Women & Men
11:30am - 400mH Women/400mH Men	11:30am - High Jump		
11:50am - 100m Women/100m Men Heats	12:00pm - Long Jump		12:00pm Javelin - Women & Men
12:30pm - 1500m Women/1500m Men			
12:50pm - 100M Women/100m Men Finals	1:30pm - Shot Put		1:30pm Hammer - Women & Men
	2:00pm - Shot Put	2:00pm Triple Jump - Women & Men	
	3:30pm - 200m	3:30pm Shot Put - Women & Men	
	3:30pm - High Jump		
4:00pm - 3000m Steeple Women	5:00pm - 400m	5:00pm Long Jump - Women & Men	
4:30pm - 400m Women/400m Men		High Jump - Women & Men	
4:50pm - 110mH Men/100mH Women			
5:10pm - 200m Women/200m Men			
5:30pm 800m Women/800m Men			
5:40pm Combined 5000m			

Sunday May 12th, 2024

Track	Multi	Main Stadium Field	West Field
	10:00am - 110mH		
	10:30am - Discus	10:30am - Pole Vault Women & Men	
	10:30am - Long Jump		
	12:00pm - Pole Vault		
	12:00pm - Javelin		
	2:30pm - 800m		
	3:30pm - Javelin		
	5:00pm - 1500m		