

## 2024 Track & Field Schedule



Athletes should report to Staging 30 minutes prior to the scheduled start time listed below for their event. COACHES - If you have an issue with a T&F event, go to the Track Rules Table 1 hour before staging time for that event

START TIME																		
WEDNESDAY	25M Walk	100M Walk	400M Walk	25M WC	30M WC Slalom	100M WC	50M Run	100M Run	200M Run	400M Run	TJav	4x100M Relay	RLJ	HJ	SLJ	1500M Run	800M	Shot Put
Noon						All Ages					8 - 15						All Ages	
12:15	Partner																	
12:45				All EL							16 - 29							
1:00																		
1:30				All Man							30+	ALL						
2:00																		
2:30			All Ages							PENT/All								
THURSDAY											SBT							
8:30											8-11							
9:00	16-21												12-15		12-15			
9:15	22+																	Pent / WC
9:30	8-15												22+		22+			
10:00											12-15			All Ages				22+
10:30							16-21							PENT				
11:00							22+											8-21
11:30							8-15											
Noon											16-21		Pent/16-21		16-21			
1:00					All Man													
1:30					All Elec								8-11		8-11			
1:45											22+							
2:30																		
FRIDAY																		
9:00		All Ages														All Ages		
9:00		All Ages						8-15/Pent								All Ages		
10:00								16+										
10:00								10+	All Ages									
10.30									All Ages									