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													Pent/16-21		16-21			
1:00					All Man						16-21							
1:30					All Elec								8-11		8-11			
1:45											22+							
2:30																		
FRIDAY																		
9:00		All Ages														All Ages		
9:15								8-15/Pent										
10:00								16+										
10:30									All Ages									