Thursday, April 25, 2024

| 10:15 | Scratch Meeting |
| :--- | :--- |
| 10:45 | First Call 400 Meter Relay |
| 11:00 | 400 Meter Relay |
| 11:40 | 100 Meter Hurdles |
| 12:00 | 110 Meter Hurdles |
| $12: 20$ | 100 Meter Dash |


| 12:45 | 400 Meter Dash |
| :--- | :--- |
| 1:20 | 300 Meter Hurdles |
| 1:50 | 800 Meter Run |
| 2:10 | 200 Meter Dash |
| 2:30 | Break |
| $2: 45$ | 1600 Meter Relay |

Friday, April 26, 2024
10:45 First Call 1600 Meter Run Finals
10:45 First Call Implement and Pole Vault Weigh-in
11:00 $\quad 1600$ Meter Run Finals
11:30 Scratch Meeting
11:45 First Call Field Events
12:00 Field Events (See Schedule Below)

| Time | Shot | Discus | Long Jump | Triple Jump | High Jump | Pole Vault |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $12: 00$ | AAA Boys | AAA Girls | AA Girls | AA Boys | AAA Boys | AAA Girls |
| $1: 15$ | AA Boys | AA Girls | AAA Girls | AAA Boys | AA Boys | AAA Boys |
| $2: 30$ | AAA Girls | AAA Boys | AA Boys | AA Girls | AAA Girls | AA Girls |
| $3: 45$ | AA Girls | AA Boys | AAA Boys | AAA Girls | AA Girls | AA Boys |

5:00 $4 \times 800$ Meter Relay Finals

## Saturday, April 27, 2024

| 10:15 | First Call 3200 Meter Run |
| :--- | :--- |
| 10:30 | 3200 Meter Run |
| 12:00 | Scratch Meeting |
| 12:15 | First Call 400 Meter Relay |
| 12:30 | 400 Meter Relay |
| 12:45 | 100 Meter Hurdles |
| $1: 00$ | 110 Meter Hurdles |
| $1: 15$ | 100 Meter Dash |


| 1:30 | Break |
| :--- | :--- |
| 1:50 | 400 Meter Dash |
| $2: 10$ | 300 Meter Hurdles |
| $2: 30$ | 800 Meter Run |
| $2: 45$ | 200 Meter Dash |
| $3: 00$ | Break |
| $3: 15$ | 1600 Meter Relay |
|  | Awards |

30 minutes will be allowed as recovery time between the 100 Meter Dash and 400 Meter Dash, and 200 Meter Dash and 1600 Meter Relay. The 30 minutes is from the finish of the same class and gender, until the start of the same class and gender.

Please Note:
All times are approximations (other than starting times for the day), and since this is a continuously updated and changing format, we ask your continued cooperation and patience. Please be present and ready to check in, when $1^{\text {st }}$ call for your event is given (approximately 15 minutes prior to scheduled time), and be patient if your event is not held at or near the scheduled time.

