



## SCHEDULE OF EVENTS

Friday, April 12, 2024

### Field Events

12:00pm M Hammer  
2:00pm W Long Jump Invite  
2:00pm M High Jump  
2:00pm M Pole Vault  
3:00pm M Long Jump Invite  
2:00pm W Hammer  
3:45pm M Javelin  
5:00pm W Long Jump  
5:15pm W Javelin  
5:30pm M Pole Vault- Invite  
6:30pm M Shot Put Invite  
6:30pm M High Jump Invite  
7:00pm M Long Jump  
7:30pm W Shot Put Invite

### Running Events

12:00pm W 200m  
12:20pm M 200m  
12:45pm W 400m Hurdles  
1:00pm M 400m Hurdles  
  
5:00pm W 200m Invite  
5:20pm W 200m (OD)  
5:40pm M 200m Invite  
6:00pm M 200m (OD)  
6:25pm W 400m Invite Hurdles  
6:45pm M 400m Invite Hurdles  
7:10pm W Steeple  
7:25pm M Steeple  
7:40pm W 1500m  
8:10pm M 1500m  
8:40pm W 5K  
9:00pm M 5K

Saturday, April 13, 2024

### Field Events

9:00am W Discus (outside)  
9:00am M Discus (inside)  
10:00am W Pole Vault  
11:00am M Hammer Invite  
11:30am W Triple Jump  
11:30am M Triple Jump  
12:00pm W High Jump  
12:15pm W Hammer Invite  
1:30pm M Discus Invite (inside)  
2:30pm W Pole Vault invite  
2:45pm W Discus Invite  
3:00pm M Shot Put  
3:30pm W Triple Jump Invite  
3:30pm M Triple Jump Invite  
4:00pm W High Jump Invite  
4:00pm W Shot Put

### Running Events

9:30am W 100m Hurdles (F)  
9:45am M 110m Hurdles (F)  
10:00am W 400m  
10:15am M 400m  
12:00pm W 100m Hurdles Invite (P)  
12:15pm W 100m Hurdles (OD) (P)  
12:30pm M 110m Hurdles Invite(P)  
12:45pm M 110m Hurdles (OD) (P)  
1:30pm W 4x100  
1:45pm M 4x100  
2:00pm W 800m  
2:25pm M 800m  
3:00pm W 100m Hurdles Invite (F)  
3:05pm W 100m Hurdles (OD) (F)  
3:10pm M 110m Hurdles Invite (F)  
3:15pm M 110m Hurdles (OD) (F)  
3:20pm W 400m Invite  
3:35pm W 400m (OD)  
3:50pm M 400m Invite  
4:10pm M 400m (OD)  
4:30pm W 100m  
4:55pm W 100m (OD)  
5:10pm M 100m  
5:35pm M 100m (OD)  
5:50pm W 3K  
6:10pm W 4x400  
6:40pm M 4x400