

Tentative Time Schedule

FRIDAY MARCH 29, 2024

1:30pm Men's Hammer (West Cage)
3:30pm Women's Hammer (West Cage)
5:30pm Men's Javelin (West Runway)

6:00pm Men's Long Jump 6:00pm Women's Long Jump

7:30pm Women's Javelin (East Runway)

Running Events

5:00pm Men's 400 hurdles 5:15pm Women's 400 hurdles 5:30pm Men's 200 meters 5:55pm Women's 200 meters Men's 1500 meters 6:15pm 6:30pm Women's 1500 meters 6:45pm Men's 3000m steeplechase Women's 3000m steeplechase 7:00pm

7:15pm Men's 5000 meters 7:30pm Women's 5000 meters

SATURDAY MARCH 30, 2024

Field Events

10:00am Women's Pole Vault

10:00am Women's Discus (Cage TBD)

10:00am Men's Shot Put
11:00am Men's High Jump
12:00pm Men's Triple Jump
12:00pm Women's Triple Jump
12:30pm Men's Pole Vault

12:30pm Men's Discus (Cage TBD)

12:30pm Women's Shot Put 12:45pm Women's High Jump

Running Events

12:00pm Men's 400 meter relay 12:10pm Women's 400 meter relay

12:20pmMen's 800 meters12:35pmWomen's 800 meters12:50pmMen's 110 meter hurdles1:05pmWomen's 100 meter hurdles

1:15pm Men's 400 meters
1:30pm Women's 400 meters
1:45pm Men's 100 meters
1:55pm Women's 100 meters
2:10pm Men's 1600 meter relay
2:25pm Women's 1600 meter relay