

CONFERENCE SCHEDULE

WEST: MAY 15, 2024

EAST: MAY 16, 2024

TRACK EVENTS

TIME	EVENT		ORDER	QUALIFIERS
8:30	2000m Steeplechase	Final	OG (1 Heat)	Top 8
8:45	2000m Steeplechase	Final	OB (1 Heat)	Top 8
9:00	Sprint Hurdles (Blocks Allowed)	Timed Finals	NG, JG 80m SG, NB, JB 100m SB 110m	Top 8
9:30	100m (No Blocks)	Semis	NG, NB, JG, JB, SG, SB	Top 16 Times
10:20	1500m	Finals	NG, NB, JG, JB, SG, SB	Top 8
11:30	400m (No Blocks)	Finals	NG, NB, JG, JB, SG, SB	Top 8
12:20	100m (Blocks Allowed)	Seeded Finals	NG, NB, JG, JB, SG, SB, VIG, VIB, AG, AB, IDG, IDB, Perseverance	Top 8
1:00	Distance Hurdles (No Blocks)	Timed Finals	SB, JB, NB, SG, JG, NG	Top 8
1:30	200m (Note Order) (No Blocks)	Semis	NB, NG, JB, JG, SB, SG	Top 16 Times
2:30	800m (Waterfall Starts)	Finals	NG, NB, JG, JB, SG, SB, VIG, VIB, AG, AB, IDG, IDB	Top 8
3:15	3000m	Finals	NG, NB	Top 8
3:45	200m (Blocks Allowed)	Seeded Finals	NG, NB, JG, JB, SG, SB, WG, WB	Top 8
4:20	3000m	Finals	JG, JB	Top 8
4:40	4 x 100 Relays (Blocks)	Finals	SG, SB, JG, JB, NG, NB	Top 8
5:05	3000m	Finals	SG, SB	Top 8
5:25	4 x 400 Relays	Finals	OG, OB	Top 8

FIELD EVENTS

NOTE: Each Athlete will have 3 attempts in round 1 of each event. The second round in any field event, excluding High Jump and Pole Vault, will consist of a **minimum** of one attempt. However, if time allows and the official deems that another full round can take place, they will complete an extra round up to 3 extra rounds maximum. (Total of 3 + 3).

Time	GIRLS			BOYS		
	Novice	Junior	Senior	Novice	Junior	Senior
9:00	Javelin	High Jump	Discus	Triple Jump	Shot	Long Jump
10:20	Long Jump	Javelin	High Jump	Discus	Triple Jump	Shot
11:40	Shot	Long Jump	Javelin	High Jump	Discus	Triple Jump
1:00	Triple Jump	Shot	Long Jump	Javelin	High Jump	Discus
2:20	Discus	Triple Jump	Shot	Long Jump	Javelin	High Jump
3:15	OPEN PARA SHOT PUT – GIRLS, THEN BOYS					
3:40	High Jump	Discus	Triple Jump	Shot	Long Jump	Javelin

NOTE: Track AND Field Events may run up to 30 minutes ahead of time.