

# 2024 National Track and Field Schedule

Tuesday May 7th

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## *Pentatlons and Triatlons*

|          |   |               |
|----------|---|---------------|
| 9:00 AM  | 14U/JH Girls High Jump<br>14U/JH Boys Long Jump<br>18U and 16U Boys Shot Put  | start 3'2"    |
| 10:00 AM | 18U and 16U Girls High Jump<br>18U and 16U Boys Long Jump<br>14U/JH girls Shot Put<br>14U/JH Boys 100 Hurdles   | Start 3'4"    |
| 11:00 AM | 18U and 16U Girls Hurdles<br>14U/JH Girls Hurdles<br>14UJH Boys High Jump<br>18U and 16U Girls Shot Put<br>18U and 16U Boys Hurdles<br>14U/JH Girls Long Jump | start at 3'8" |
| 12:00 PM | 18U and 16U Boys High Jump<br>14U/JH Boys Shot Put<br>18U and 16U Girls Long Jump   | Start at 4'2" |
| 12:30 PM | 14U/JH Girls 400<br>18U and 16U Girls 800<br>14U/JH boys 800<br>18U and 16U boys 1500   |               |
| 1:00 PM  | 8U Girls Long Jump<br>8U boys Long Jump<br>12U Boys Shot Put  |               |
| 1:30 PM  | 12U girls Shot Put  |               |
| 2:00 PM  | 10U Girls Long Jump<br>10U Boys Long Jump<br>8U boys Shot Put   |               |

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|         |  |
|---------|--|
| 2:30 PM | 8U girls Shot Put  |
| 3:00 PM | 12U Girls Long Jump<br>12U Boys Long Jump<br>10U Boys Shot Put   |
| 3:30 AM | 10U Girls Shot Put<br>8U Boys Run - 200<br>10U Boys run - 200<br>8U Girls run - 200<br>10U Girls run - 200 |
| 4:00 AM | 12U girls Run - 200<br>12U Boys run - 400  |

# 2024 National Track and Field Schedule

Wednesday May 8th

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*Running Order 8U-G, 8U-B, 10U-G, 10U-B, 12U-G, 12U-B*

9:00 AM 80 Meter Hurdles(10U&12U only)

4x800 Relay(10U and 12U only)

100 Meter

4x200

800 Meter

4x100

400 Meter

200 Meter

1600 meter

50 Meter (8u only)

4x400 meter

2400 Meter 10U & 12U Girls

2400 Meter 10U & 12U Boys

5:30 PM (Races Aprox. 20 minutes apart)

3200 Meters 14U-G

3200 Meters 14U-B

3200 Meters 16U-G & 18U-G

3200 Meters 16U-B

3200 Meters 18U-B

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## NOTE CHANGES IN 14U-18U FIELD EVENT Procedure/Rules

Long Jumps- Pre Lims 3 jumps- Top 10 will proceed to Finals with 2 more attempts

Discus- Same as Long Jump

Shot Put- Same as Long Jum

Triple Jump- 4 total Jumps

Javelin- 4 Throws total

| Field Events | Long Jump | High Jump      | Shot Put   | Triple Jump | Discus    | Javelin   | Pole Vault  |
|--------------|-----------|----------------|------------|-------------|-----------|-----------|-------------|
| 9:00 AM      | 14U-G     | 16U & 18U E    | 14U Boys   | 14U-B       | 16U Girls | 16U Boys  |             |
|              |           | Start at 4'8"  |            |             |           |           |             |
| 9:45 AM      |           |                |            |             | 18U Girls | 18U Boys  |             |
| 11:00 AM     | 16U Girls | 14U Girls      | 18U Girls  | 16U Boys    | 14U Boys  | 14U Girls |             |
|              |           | Start at 3'6"  |            |             |           |           |             |
| 11:45 AM     | 18U Girls |                | 16U Girls  | 18U Boys    |           |           |             |
| 1:00 PM      | 14U Boys  | 16U Girls      | 14 U Girls | 14 U Girls  | 16U Boys  | 18U Girls | 14U,16U,18U |
|              |           | start at 3'8": |            |             |           |           | Boys        |
| 1:45 PM      |           | 18U Girls      |            |             | 18U Boys  | 16U Girls |             |
|              |           | start at 3'8": |            |             |           |           |             |
| 3:00 PM      | 16U Boys  | 14 U Boys      | 18U Boys   | 16U Girls   | 14U Girls | 14U Boys  | 14U,16U,18U |
|              |           | Start at 4'0"  |            |             |           |           | Girls       |
| 3:45 PM      | 18U Boys  |                | 16 U Boys  | 18U Girls   |           |           |             |

# 2024 National Track and Field Schedule

Thursday May 9th

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*Running Order 14U-G, 14U-B, 16U-G, 16U-B, 18U-G, 18U-B*

9:00 AM 100 Pre-lims Top 8 times go to finals  
 4x800  
 100/110 hurdles  
 4x200  
 1600 meter  
 4x100  
 400 Meter  
 300 hurdles  
 100 Meter Finals  
 800 meter  
 200 meter  
 Steeplechase  
 4x400 meter

**NOTE CHANGES IN 8U,10U-12U FIELD EVENT Procedure/Rules**

**Long Jumps- Will get 4 attempts**

**Discus- Same as Long Jump**

**Shot Put- Same as Long Jump**

**Triple Jump- 4 total Jumps**

| Field Events | Long Jump | High Jump                  | Shot Put  | Triple Jump | Discus    |
|--------------|-----------|----------------------------|-----------|-------------|-----------|
| 9:00 AM      | 8U B      | 8U &10 G<br>Start at 3'2"  | 10U Boys  | 12U Boys    | 8U Girls  |
| 10:30 AM     | 12U Boys  | 8U &10 B<br>Start at 3'2"  | 8U Boys   | 12U gilrs   | 10U girls |
| 12:00 PM     | 10U Girls | 12U Girls<br>Start at 3'4" | 12U Girls | 10U Boys    | 12U boys  |
| 1:30 PM      | 8U Girls  | 12U Boys<br>start at 3'6"  | 12U Boys  | 10U girls   | 10U boys  |
| 3:00 PM      | 12U Girls |                            | 10U girls | 8U boys     | 8U boys   |
| 4:30 PM      | 10U Boys  |                            | 8U girls  | 8U Girls    | 12U girls |