

Times Schedule **REVISED AS OF 1/17/24**

Time (EST) Event

Running Events

Time (EST)	Event		Total Entries	Total Heats	Girls Entries	Girls Heats	Boys Entries	Boys Heats
7:30 AM-8:00 AM	Warm Ups							
8:00 AM	4x200 Relay	High School	13	3	8	2	5	1
8:15 AM	60mH Prelims	High School	63	8	32	4	31	4
8:35 AM	60m Dash Prelims	High School	172	22	80	10	92	12
9:15 AM	800 Run	High School	189	16	96	8	93	8
10:20 AM	200m Dash Prelims	High School	194	33	98	17	96	16
11:20 AM	2 Mile	High School	43	2	22	1	21	1
12:00 PM	400m Dash	High School/Middle School	176	31	80	14	96	17
1:15 PM	60mH Finals	High School	16	2	8	1	8	1
1:30 PM	60m Dash Finals	High School/Middle School	44	7	25	4	19	3
1:50 PM	1-mile Run	High School/Middle School	239	14	93	6	146	8
3:20 PM	200m Dash Finals	High School	16	2	8	1	8	1
3:30 PM	4x400 Relay	High School	17	4	10	2	7	2
4:00 PM	DMR	High School	24	2	10	1	14	1
4:30 PM	Projected End Time							

Field Events

8:30 AM	Mixed Long Jump	Middle School	20	1	13	1	7	1
8:30 AM	Mixed Shot Put	Middle School	5	1	4	1	1	1
9:00 AM	Girls Shot Put	High School	17	1	17	1		
9:15 AM	Girls High Jump	High School	18	1	18	1		
9:15 AM	Boys High Jump	High School	17	1			17	1
9:15 AM	Girls Pole Vault	High School	4	1	4	1		
9:30 AM	Girls Long Jump	High School	40	2	40	2		
10:30 AM	Boys Shot Put	High School	37	2			37	2
11:30 AM	Boys Long Jump	High School	30	2			30	2
11:30 AM	Boys Pole Vault	High School	3	1			3	1
1:00 PM	Girls Weight Throw	High School	7	1	7	1		
1:30 PM	Girls Triple Jump	High School	15	1	15	1		
2:00 PM	Boys Weight Throw	High School	9	1			9	1
2:30 PM	Boys Triple Jump	High School	16	1			16	1