



## 2024 Schedule of Events

### WEDNESDAY, MAY 22

**IMPLEMENT WEIGH-IN: 7:30 am to 5:00 pm**

#### **MEN'S DECATHLON**

10:00 am 100m, Long Jump, Shot Put, High Jump, 400m

*Multi-events will begin 30 min. after the conclusion of the previous event*

#### **WOMEN'S HEPTATHLON**

10:30 am 100m Hurdles, High Jump, Shot Put, 200m

#### **RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

**2:30 pm – Opening Ceremony**

3:00 pm – Women's 4x100 Relay – Semi-Final

3:30 pm – Men's 4x100 Relay – Semi-Final

3:50 pm – Women's 1,500m – Semi-Final

4:10 pm – Men's 1,500m – Semi-Final

4:30 pm – Women's 400m Hurdles – Semi-Final

4:55 pm – Men's 400m Hurdles – Semi-Final

5:20 pm – Women's 200m – Semi-Final

5:35 pm – Men's 200m – Semi-Final

6:15 pm – Women's 4x800 Relay – Semi-Final

6:50 pm – Men's 4x800 Relay – Semi-Final

7:25 pm – Women's 3,000m Steeplechase – Semi-Final

7:55 pm – Men's 3,000m Steeplechase – Semi-Final

8:20 pm – Women's 10,000m **FINAL**

9:10 pm – Men's 10,000m **FINAL**

#### **FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

11:30 am – Men's Hammer **FINAL**

3:30 pm – Women's Hammer **FINAL**

12:00 pm – Women's Pole Vault **FINAL**

6:00 pm – Women's Long Jump **FINAL**

3:30 pm – Men's Javelin **FINAL**

7:00 pm – Women's Javelin **FINAL**

### THURSDAY, MAY 23

**IMPLEMENT WEIGH-IN: 7:30 am to 3:00 pm**

#### **MEN'S DECATHLON**

10:00 am 110m Hurdles, Discus, Pole Vault, Javelin, 1,500m

*Multi-events will begin 30 min. after the conclusion of the previous event*

#### **WOMEN'S HEPTATHLON**

11:00 am Long Jump, Javelin, 800m

#### **RUNNING EVENTS – All events semi-finals unless noted – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

2:00 pm – Women's 100m Hurdles – Semi-Final

2:15 pm – Men's 110m Hurdles – Semi-Final

2:30 pm – Women's 800m – Semi-Final

2:50 pm – Men's 800m – Semi-Final

3:20 pm – Women's 100m – Semi-Final

3:40 pm – Men's 100m – Semi-Final

4:00 pm – Women's 400m – Semi-Final

4:20 pm – Men's 400m – Semi-Final

4:45 pm – Women's 5,000m Race-Walk **FINAL**

5:15 pm – Men's 5,000m Race-Walk **FINAL**

6:10 pm – Women's 4x800 Relay **FINAL**

6:30 pm – Men's 4x800 Relay **FINAL**

6:45 pm – Women's 5,000m – Semi-Final

7:35 pm – Men's 5,000m – Semi-Final

8:15 pm – Women's 4x400 – Semi-Final

8:45 pm – Men's 4x400 – Semi-Final

#### **FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

2:30 pm – Women's Shot Put **FINAL**

6:00 pm – Men's Discus **FINAL**

2:30 pm – Men's Long Jump **FINAL**

5:30 pm – Women's Triple Jump **FINAL**

4:30 pm – Men's High Jump **FINAL**

### FRIDAY, MAY 24

**IMPLEMENT WEIGH-IN: 9:00 am to 1:00 pm**

#### **RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

1:00 pm – Women's 3,000m Steeplechase **FINAL**

1:20 pm – Men's 3,000m Steeplechase **FINAL**

1:40 pm – Women's 4x100 Relay **FINAL**

1:50 pm – Men's 4x100 Relay **FINAL**

2:00 pm – Women's 1,500m **FINAL**

2:10 pm – Men's 1,500m **FINAL**

2:20 pm – Women's 100m Hurdles **FINAL**

2:30 pm – Men's 110m Hurdles **FINAL**

2:50 pm – Women's 100m **FINAL**

3:00 pm – Men's 100m **FINAL**

3:10 pm – Women's 400m Hurdles **FINAL**

3:20 pm – Men's 400m Hurdles **FINAL**

3:30 pm – Women's 400m **FINAL**

3:40 pm – Men's 400m **FINAL**

3:50 pm – Women's 800m **FINAL**

4:00 pm – Men's 800m **FINAL**

4:10 pm – Women's 200m **FINAL**

4:20 pm – Men's 200m **FINAL**

4:30 pm – Women's 5,000m **FINAL**

4:55 pm – Men's 5,000m **FINAL**

5:15 pm – Women's 4x400 Relay **FINAL**

5:25 pm – Men's 4x400 Relay **FINAL**

**\*6:00 pm – Awards Ceremony**

*\*Approximately*

#### **FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS**

1:00 pm – Women's Discus **FINAL**

2:00 pm – Women's High Jump **FINAL**

1:00 pm – Men's Pole Vault **FINAL**

3:00 pm – Men's Shot Put **FINAL**

1:30 pm – Men's Triple Jump **FINAL**