

### FRIDAY | JULY 12, 2024

TRACK EVE	NTS – 12 JUL 24			
4:00 PM	300m	Women	Semi Final	U16
4:15 PM	300m	Men	Semi Final	U16
4:30 PM	400m	Women	Semi Final	U18
4:40 PM	400m	Men	Semi Final	U18
4:50 PM	400m	Women	Semi Final	U20
5:00 PM	400m	Men	Semi Final	U20
5:10 PM	400m	Women	Semi Final	Senior
5:20 PM	400m	Men	Semi Final	Senior
5:30 PM	1500mWC	Women + Men	FINAL	wc
5:45 PM	1500mRW	Women + Men	FINAL	U16
6:00 PM		TRACK B	REAK – 30 MINU	JTES
6:30 PM	1500mSC	Women	FINAL	U16
6:40 PM	1500mSC	Men	FINAL	U16
6:50 PM	2000mSC	Women	FINAL	U18
7:05 PM	3000mSC	Women	FINAL	U20 + Senior
7:20 PM	2000mSC	Men	FINAL	U18
7:35 PM	3000mSC	Men	FINAL	U20 + Senior
7:50 PM	5000m	Women	FINAL	U20 + Senior
8:15 PM	5000m	Men	FINAL	U20 + Senior

FIELD EVE	NTS – 12 JUL 24				
1:00 PM	Hammer Throw	Women	FINAL	U20 + Senior	
2:30 PM	Hammer Throw	Men	FINAL	U20 + Senior	
3:30 PM	Triple Jump	Women	FINAL	U16	Pit 1
3:30 PM	Triple Jump	Men	FINAL	U16	Pit 2
4:00 PM	Hammer Throw	Women	FINAL	U18	
4:00 PM	Pole Vault	Women	FINAL	U20 + Senior	
5:30 PM	Triple Jump	Women	FINAL	U18 + U20 + Senior	Pit 1
5:30 PM	Triple Jump	Men	FINAL	U18	Pit 2
6:00 PM	Hammer Throw	Men	FINAL	U18 + U16	
6:15 PM	Pole Vault	Men	FINAL	U20 + Senior	
7:30 PM	Hammer Throw	Women	FINAL	U16	
7:30 PM	Triple Jump	Men	FINAL	U20 + Senior	Pit 1



### **SATURDAY | JULY 13, 2024**

0.00 414	40 000 m - DV4/	Moment	CINIAL	HOO I Comics
8:00 AM	10,000mRW	Women + Men	FINAL	U20 + Senior
8:00 AM	5000mRW	Women + Men	FINAL	U18
9:20 AM	100m DEC	Men	DECATHLON	U18 + U20 + Senior
9:30 AM	80mH	Women	PENTATHLON	U16
9:35 AM	80mH	Women	Semi Final	U16
9:45 AM	100mH	Men	PENTATHLON	U16
9:50 AM	100mH	Women	HEPTATHLON	U18 + U20 + Senior
10:00 AM	100m	Women	Semi Final	U16
10:15 AM	100m	Men	Semi Final	U16
10:30 AM	100m	Women	Semi Final	U18
10:45 AM	100m	Men	Semi Final	U18
11:00 AM	100m	Women	Semi Final	U20
11:10 AM	100m	Men	Semi Final	U20
11:20 AM	100m	Women	Semi Final	Senior
11:30 AM	100m	Men	Semi Final	Senior
11:45 AM		TRACK	BREAK – 30 MINUT	ES
12:25 PM		LAND ACKNOWLE	OGEMENT & NATIO	NAL ANTHEM
12:30 PM	300m	Women	FINAL	U16
12:35 PM	300m	Men	FINAL	U16
12:40 PM	400m	Women	FINAL	U18
12:45 PM	400m	Men	FINAL	U18
12:50 PM	400m	Women	FINAL	U20
12:55 PM	400m	Men	FINAL	U20
1:00 PM	400m	Women	FINAL	Senior
1:05 PM	400m	Men	FINAL	Senior
1:10 PM	400mWC	Women + Men	FINAL	Wheelchair
1:15 PM		Н	URDLE SET UP	
1:25 PM	80mH	Women	FINAL	U16
1:30 PM	100mH	Women	FINAL	U18
1:35 PM	100mH	Men	FINAL	U16
1:40 PM	100mH	Women	FINAL	U20
1:45 PM	100mH	Women	FINAL	Senior
1:50 PM	110mH	Men	FINAL	U18
1:55 PM	110mH	Men	FINAL	U20
	110mH	Men	FINAL	Senior
2:00 PM				
2:00 PM 2:05 PM		TRACK	BREAK – 20 MINUT	ES



2:30 PM	100m	Men	FINAL	U16
2:35 PM	100m	Women	FINAL	U18
2:40 PM	100m	Men	FINAL	U18
2:45 PM	100m	Women	FINAL	U20
2:50 PM	100m	Men	FINAL	U20
2:55 PM	100m	Women	FINAL	Senior
3:00 PM	100m	Men	FINAL	Senior
3:05 PM	100mWC	Women + Men	FINAL	Wheelchair
3:10 PM	1200m	Women	FINAL	U16
3:20 PM	1200m	Men	FINAL	U16
3:35 PM	1500m	Women	FINAL	U18
3:45 PM	1500m	Men	FINAL	U18
4:00 PM	1500m	Women	FINAL	U20
4:10 PM	1500m	Men	FINAL	U20
4:20 PM	1500m	Women	FINAL	Senior
4:30 PM	1500m	Men	FINAL	Senior
4:40 PM	200m	Women	HEPTATHLON	U18 + U20 + Senior
4:50 PM	800m	Women	PENTATHLON	U16
5:00 PM	400m	Men	DECATHLON	U18 + U20 + Senior
5:05 PM	1000m	Men	PENTATHLON	U16
5:20 PM	4 x 100m	Women	FINAL	U16
5:25 PM	4 x 100m	Men	FINAL	U16
5:30 PM	4 x 100m	Women	FINAL	U18
5:35 PM	4 x 100m	Men	FINAL	U18
5:40 PM	4 x 100m	Women	FINAL	U20
5:45 PM	4 x 100m	Men	FINAL	U20
5:50 PM	4 x 100m	Women	FINAL	Senior

FIELD EVEN	NTS – 13 JUL 24				
9:00 AM	High Jump	Men	FINAL	U18 + U20 + Senior	
9:00 AM	Discus Throw	Women	FINAL	U16 + U18	
10:00 AM	Long Jump	Women	FINAL	U16	Pit 1
10:00 AM	Pole Vault	Men	FINAL	U16 + U18	
10:30 AM	Javelin Throw	Women + Men	FINAL	Para Seated Throws	
10:45 AM	Long Jump	Men	DECATHLON	U18 + U20 + Senior	Pit 2
10:45 AM	Long Jump	Men	PENTAHLON	U16	Pit 2
10:45 AM	Discus Throw	Women	FINAL	U20 + Senior + Para Amb	
11:00 AM	High Jump	Women	HEPTATHLON	U18 + U20 + Senior	
11:00 AM	High Jump	Women	PENTATHLON	U16	



12:00 PM	Discus Throw	Men	FINAL	U16
1:00 PM	Shot Put	Men	DECATHLON	U18 + U20 + Senior
1:00 PM	Shot Put	Men	PENTATHLON	U16
1:15 PM	Pole Vault	Women	FINAL	U16 + U18
1:15 PM	Discus Throw	Men	FINAL	U18
1:30 PM	Long Jump	Women	PENTATHLON	U16
2:00 PM	Long Jump	Men	FINAL	U18
2:00 PM	Shot Put	Women	HEPTATHLON	U18 + U20 + Senior
2:30 PM	Discus Throw	Men	FINAL	U20 + Senior + Para Amb
2:45 PM	High Jump	Men	DECATHLON	U18 + U20 + Senior
2:45 PM	High Jump	Men	PENTATHLON	U16
3:15 PM	Shot Put	Women	PENTATHLON	U16
4:00 PM	Javelin Throw	Women + Men	FINAL	U20 + Senior

### COMBINED EVENTS – 13 JUL 24

#### \* ALL TIMES APPROXIMATE

DECATHLON (U18 + U20 + Senior)			
9:20 AM	100m		
10:45 AM	Long Jump		
1:00 PM	Shot Put		
2:30 PM	High Jump		
5:00 PM	400m		

HEPTATHLON (U18 + U20 + Senior)			
9:45 AM	100mH		
11:00 AM	High Jump		
2:00 PM	Shot Put		
4:40 PM	200m		

PENTATHLON (U16) WOMEN			
9:30 AM	80mH		
11:00 AM	High Jump		
1:30 PM	Long Jump		
3:15 PM	Shot Put		
4:50 PM	800m		

PENTATHLON (U16) MEN			
9:45 AM	100mH		
10:45 AM	Long Jump		
1:00 PM	Shot Put		
2:45 PM	High Jump		
5:05 PM	1000m		



### **SUNDAY | JULY 14, 2024**

TRACK EVE	NTS – 14 JUL 24			
9:00 AM	110mH	Men	DECATHLON	U18 + U20 + Senior
9:10 AM	2000m	Women	FINAL	U16
9:20 AM	2000m	Men	FINAL	U16
9:30 AM	3000m	Women	FINAL	U18
9:45 AM	3000m	Men	FINAL	U18
10:00 AM	200m	Women	Semi Final	U16
10:15 AM	200m	Men	Semi Final	U16
10:30 AM	200m	Women	Semi Final	U18
10:45 AM	200m	Men	Semi Final	U18
11:00 AM	200m	Women	Semi Final	U20
11:15 AM	200m	Men	Semi Final	U20
11:25 AM	200m	Women	Semi Final	Senior
11:35 AM	200m	Men	Semi Final	Senior
11:40 AM		TRACK BI	REAK – 40 MINUTE	S
12:20 PM	300mH	Women	FINAL	U16
12:25 PM	300mH	Men	FINAL	U16
12:30 PM	400mH	Women	FINAL	U18
12:35 PM	400mH	Men	FINAL	U18
12:40 PM	400mH	Women	FINAL	U20
12:45 PM	400mH	Men	FINAL	U20
12:50 PM	400mH	Women	FINAL	Senior
12:55 PM	400mH	Men	FINAL	Senior
1:00 PM		TRACK BI	REAK – 25 MINUTE	S
1:25 PM	200mWC	Women + Men	FINAL	wc
1:30 PM	200m	Women	FINAL	U16
1:35 PM	200m	Men	FINAL	U16
1:40 PM	200m	Women	FINAL	U18
1:45 PM	200m	Men	FINAL	U18
1:50 PM	200m	Women	FINAL	U20
1:55 PM	200m	Men	FINAL	U20
2:00 PM	200m	Women	FINAL	Senior
2:05 PM	200m	Men	FINAL	Senior
2:30 PM	800mWC	Women + Men	FINAL	Wheelchair
2:40 PM	800m	Women	FINAL	U16
2:50 PM	800m	Men	FINAL	U16
3:05 PM	800m	Women	FINAL	U18
3:15 PM	800m	Men	FINAL	U18



3:35 PM	800m	Women	FINAL	U20	
3:40 PM	800m	Men	FINAL	U20	
3:50 PM	800m	Women	FINAL	Senior	
3:55 PM	800m	Men	FINAL	Senior	
4:05 PM	800m	Women	HEPTATHLON	U18 + U20 + Senior	
4:10 PM	1500m	Men	DECATHLON	U18 + U20 + Senior	
4:20 PM	4 x 400m	Women	FINAL	U18	
4:30 PM	4 x 400m	Men	FINAL	U18	
4:40 PM	4 x 400m	Women	FINAL	U20	
4:50 PM	4 x 400m	Men	FINAL	U20	
4:55 PM	4 x 400m	Women	FINAL	Senior	
5:00 PM	4 x 400m	Men	FINAL	Senior	

FIELD EVE	NTS – 14 JUL 24				
9:00 AM	Long Jump	Women	FINAL	U18	Pit 1
9:00 AM	High Jump	Men	FINAL	U16	
9:00 AM	Javelin Throw	Women	FINAL	U16 + U18	
9:00 AM	Shot Put	Men	FINAL	U16 + U18	
10:00 AM	Long Jump	Women	HEPTATHLON	U18 + U20 + Senior	Pit 2
10:00 AM	Discus Throw	Men	DECATHLON	U18 + U20 + Senior	
10:45 AM	Javelin Throw	Men	FINAL	U16	
11:00 AM	High Jump	Women	FINAL	U16	
11:00 AM	Shot Put	Women	FINAL	U16	
11:30 AM	Pole Vault	Men	DECATHLON	U18 + U20 + Senior	
11:30 AM	Discus Throw	Women + Men	FINAL	Seated Throws	
11:45 AM	Long Jump	Men	FINAL	U20	Pit 1
12:00 PM	Long Jump	Women	FINAL	U20 + Senior	Pit 2
12:00 PM	Javelin Throw	Men	FINAL	U18	
12:45 PM	Shot Put	Women	FINAL	U18	
1:30 PM	Long Jump	Men	FINAL	U16	Pit 2
1:30 PM	High Jump	Women	FINAL	U18 + U20 + Senior	
1:30 PM	Javelin Throw	Women	HEPTATHLON	U18 + U20 + Senior	
2:00 PM	Long Jump	Men	FINAL	Senior	Pit 1
2:15 PM	Shot Put	Women + Men	FINAL	U20 + Senior	
2:30 PM	Shot Put	Women + Men	FINAL	Para Seated Throws	
2:45 PM	Javelin Throw	Men	DECATHLON	U18 + U20 + Senior	



#### **COMBINED EVENTS – 14 JUL 24**

#### \* ALL TIMES APPROXIMATE

DECATHLON (U18 + U20 + Senior)			
9:00 AM	110mH		
10:00 AM	Discus Throw		
11:30 AM	Pole Vault		
2:45 PM	Javelin		
4:10 PM	1500m		

HEPTATHLON (U18 + U20 + Senior)				
10:00 AM	Long Jump			
1:45 PM	Javelin Throw			
4:05 PM	800m			