

Revised January 28,2024

Tuesday Day 1

Time	Event	Class	Gender	Status
9:00AM	1500M	3	Girls	Prelims
9:18AM	1500M	3	Boys	Prelims
9:31AM	1500M	2	Girls	Prelims
9:49AM	Long Jump	1	Boys	Prelims
9:55AM	High Jump	1	Girls	Prelims
9:57AM	Javelin	Open	Girls	Prelims
10:03AM	1500M	2	Boys	Prelims
10:25AM	1500M	1	Girls	Prelims
10:46AM	1500M	1	Boys	Prelims
11:00AM	400M	3	Girls	Prelims
11:26PM	Shot Put	2	Girls	Prelims
11:48AM	400M	3	Boys	Prelims
12:16PM	Long Jump	2	Girls	Prelims
12:40AM	400M	2	Girls	Prelims
1:06pm	400M	2	Boys	Prelims
1:54PM	400M	1	Girls	Prelims
2:20PM	400M	1	Boys	Prelims

Break

2:46PM	Long Jump	2	Boys	Prelims
2:48PM	Discus	1	Girls	Prelims
2:50PM	100M	4	Girls	Prelims
3:16PM	100M	3	Girls	Prelims
3:42PM	100M	3	Boys	Prelims
4:07PM	100M	2	Girls	Prelims
4:32PM	100M	2	Boys	Prelims
4:58PM	100M	1	Girls	Prelims
5:46PM	100M	1	Boys	Prelims

6:12PM **Opening Ceremony**

6:47PM	400M Hurdles	Open	Girls	Prelims
7:07PM	400M Hurdles	2	Boys	Prelims
7:26PM	400M Hurdles	1	Boys	Prelims
7:50PM	2000M Steeplechase	Open	Boys	Prelims

Revised January 28,2024**Day 2 Wednesday**

Time	Event	Class	Gender	Status
9:00AM	100M Dec	Open	Male	Event # 1
9:02AM	Long Jump	4	Girls	Prelims
9:04AM	High Jump	3	Girls	Prelims
9:06AM	Javelin	Open	Boys	Prelims
9:10 am	Shot Put	1	Girls	Prelims
9:20 am	400M	3	Girls	Semi-Final
9:35AM	400M	3	Boys	Semi-Final
9:50AM	400M	2	girls	Semi-Final
10:05AM	400M	2	Boys	Semi-Final
10:20AM	400M	1	Girls	Semi-Final
10:35AM	400M	1	Boys	Semi-Final
11:00AM	Long Jump Dec	Open	Boys	Event # 2
11:03AM	High Jump	2	Girls	Prelims

Break

1:00PM	Shot Put Dec	Open	Boys	Event # 3
1:05PM	Discus	1	Boys	Prelims
1:10pm	Long Jump	2	Boys	Final
3:00PM	High jump Dec	1	Boys	Event # 4
3:30PM	1500M	3	Girls	Final
3:35 pm	Shot Put	2	Girls	Final
3:38PM	1500M	3	Boys	Final
3:46PM	1500M	2	Girls	Final
3:54PM	1500M	2	Boys	Final
4:02PM	1500M	1	Girls	Final
4:10PM	1500M	1	Boys	Final
4:23PM	Discus	3	Girls	Prelims

4:35PM Presentation
LJ CI 2 boys & SP CI 2 Girls

4:50 pm	Triple Jump	Open	Girls	Prelims
5:00 pm	400M Dec	Open	Boys	Event #5
5:15 pm	100M	4	Girls	Semi-final
5:30 pm	100M	3	Girls	Semi-final
5:45 pm	100M	3	Boys	Semi-final
6:00 pm	100M	2	Girls	Semi-final
6:15 pm	100M	2	Boys	Semi-final
6:30 pm	100M	1	Girls	Semi-final
6:45 pm	100M	1	Boys	Semi-final
7:00PM	High Jump	3	Boys	Prelims

7:03 pm	Presentation Girls CI 3, 2 & 1 1500M Boys CI 2 & 1 1500M				
7:18 pm	Long Jump	1	Boys	Final	
7:21 pm	Discus	1	Girls	Final	
7:24:PM	100M	4	Girls	Final	
7:36PM	100M	3	Girls	Final	
7:48PM	100M	3	Boys	Final	
8:00PM	100M	2	Girls	Final	
8:06:PM	Presentation Girls CI 4,3 & 2 Boys CI 3 100M				
8:18PM	100M	2	Boys	Final	
8:23PM	100M	1	Girls	Final	
8:28PM	100M	1	Boys	Final	
8:33PM	Presentation Girls CI 1 100M & Disc Boys CI 2, 1 100M & CI 1 LJ				

Revised January 28,2024**Day 3 Thursday**

Time	Event	Class	Gender	Status
9:00AM	110H Dec	Open	Boys	Event # 6
9:03 am	Triple Jump	1	Boys	Prelims
9:06 am	Shot Put	2	Boys	Prelims
9:09AM	Discus	2	Girls	Prelims
9:20 am	200M	4	Girls	Prelim
9:23AM	High Jump	4	Girls	Prelim
9:52AM	200M	3	Girls	Prelim
10:24AM	200M	3	Boys	Prelim
10:56AM	200M	2	Girls	Prelim
10:58AM	Long Jump	3	Boys	Prelim
11:00AM	Discus Dec	Open	Boys	Event # 7
11:28AM	200M	2	Boys	Prelim
12:02 pm	High Jump	3	Girls	Final
12:03PM	200M	1	Girls	Prelim
12:35PM	200M	1	Boys	Prelim
1:03PM	Pole Vault Dec	Open	Boys	Event # 8

Break

1:10 pm	High Jump	3	Boys	Final
1:15 pm	Presentation Girls HJ Cl 3			
1;23PM	Long Jump	1	Girls	Prelims
1;26PM	4 x 100M Relay	4	Girls	Prelims
1:51 pm	4 x 100M Relay	3	Girls	Prelims
2:00 pm	Javelin	Open	Girls	Final
2:16 pm	4 x 100M Relay	3	Boys	Prelims
2:41 pm	4 x 100M Relay	2	Girls	Prelims
3:16 pm	4 x 100M Relay	2	Boys	Prelims
3;41PM	4 x 100M Relay	1	Girls	Prelims
4:03 pm	Javelin Dec	Open	Boys	Event # 9
4:16 pm	4 x 100M Relay	1	Boys	Prelims
4:19 pm	Long Jump	4	Girls	Final
4:20 pm	High Jump	2	Boys	Prelims
16:25	Presentation HJ Cl 3 Boys			
4:41 pm	800M	3	Girls	Prelims
5:06 pm	800M	3	Boys	Prelims
5:31 pm	800M	2	Girls	Prelims
5:56 pm	800M	2	Boys	Prelims

6:21 pm	800M	1	Girls	Prelims
6:24 pm	Discus	1	Boys	Final
6:46 pm	800M	1	Boys	Prelims
6:54 pm	Long Jump	2	Girls	Final
6:57 pm	Shot Put	2	Boys	Final
7:02PM	Presentation			

LJ CI 4 girls

Disc CI 1 boys/ LJ CI 2Girls

7:11 pm	1500M Dec	Open	Boys	Event # 10
---------	------------------	-------------	-------------	-------------------

7:26 pm	400M	3	Girls	Final
7:32 pm	400M	3	Boys	Final
7:38 pm	400M	2	Girls	Final
7:44 pm	400M	2	Boys	Final

7:50 pm Presentation

Dec Boys Jav Girls SP CI 2 Boys

7:57 pm	400M	1	Girls	Final
8:03 pm	400M	1	Boys	Final

8:07 pm Presentation

SP CI 2 Girls CI 3,2,1 400M

Boys CL 3, 2, 1 400M

Revised January 28, 2024**Day 4 Friday**

Time	Event	Class	Gender	Status
9:00AM	100H Hep	Open	Girls	Event # 1
9:06AM	High Jump	1	Boys	Prelim
9:09AM	Shot Put	1	Boys	Prelim
9:12AM	Long Jump	3	Girls	Prelim
9:15AM	70 M Hurdles	4	Girls	Prelim
9:45AM	80M Hurdles	3	Girls	Prelim
10:15AM	100M Hurdles	2	Girls	Prelim
10:45AM	100M Hurdles	1	Girls	Prelim
11:00AM	High Jump Hep	Open	Girls	Event # 2
11:03AM	Discus	2	Boys	Prelims
11:15AM	100M Hurdles	3	Boys	Prelim
11:45AM	110M Hurdles	2	Boys	Prelim
12:15PM	110M Hurdles	1	Boys	Prelim
12:15 pm	Long Jump	3	Boys	Final
12:45PM	200M	4	Girls	Semi-final
1:00PM	Shot Put Hep	Open	Girls	Event # 3
1:03PM	200M	3	Girls	Semi-final
1:18PM	200M	3	Boys	Semi-final
1:33PM	200M	2	Girls	Semi-final
1:48PM	200M	2	Boys	Semi-final
2:03PM	200M	1	Girls	Semi-final
2:18PM	200M	1	Boys	Semi-final
2:23PM	High Jump	4	Girls	Final
2:28PM	Pole Vault	Open	Boys	Final
2:33PM	Presentation LJ CI 3 Boys			
2:38PM	Discus	2	Girls	Final
2:40PM	800M	3	Girls	Semi-final
2:55PM	800M	3	Girls	Semi-final
3:10 pm	200M Hep	Open	Girls	Event # 4
3:12PM	Triple Jump	2	Boys	Prelims
3:25PM	800M	2	Girls	Semi-final
3:40PM	800M	2	Boys	Semi-final
3:55PM	800M	1	Girls	Semi-final
4:10pm	800M	1	Boys	Semi-final
4:25 pm	Presentation HJ CI 4 Girls/PV Boy & Dic CI 2 Girls			
4:35 pm	High Jump	1	Girls	Final
4:38PM	Sponsor's Slot			
4:50PM	Sprint Medley	Open	Girls	Prelims
5:18pm	Discus	3	Girls	Final
5:20PM	Sprint Medley	Open	Boys	Prelims
5:30PM	Triple Jump	1	Boys	Final
5:50PM	4 x 400M Relay	Open	Girls	Prelims
5:30PM	4 x 400M Relay	Open	Boys	Prelims
6:15PM	70 M Hurdles	4	Girls	Semi-final
6:30PM	80M Hurdles	3	Girls	Semi-final

6:48PM	100M Hurdles	2	Girls	Semi-final
7:04PM	100M Hurdles	1	Girls	Semi-final
7:16PM	100M Hurdles	3	Boys	Semi-final
7:28PM	110M Hurdles	2	Boys	Semi-final
7:40PM	110M Hurdles	1	Boys	Semi-final
7:52PM	Triple Jump	Open	Girls	Final
7:54PM	Presentation			
7:43PM	Girls Disc CI 3/TJ Boys CI 1			
8:06PM	2000M Steeplechase	Open	Girls	Final
8:20PM	2000M Steeplechase	Open	Boys	Final
8:45PM	400M H	Open	Girls	Final
8:55PM	400M H	2	Boys	Final
9:05PM	400M H	1	Boys	Final
9:08PM	Presentation			
	Girls TJ Open/SC Girls & Boys & 400H			

Revised January 28, 2024

Day 5 Saturday

Time	Event	Class	Gender	Status
1:00PM	Long Jump Hep	Open	Girls	Event # 5
1:05PM	Javelin	Open	Boys	Final
1:10PM	High Jump	2	Girls	Final
1:20PM	800M	3	Girls	Final
1:26PM	800M	3	Boys	Final
1:33PM	800M	2	Girls	Final
1:39PM	800M	2	Boys	Final
1:45PM	800M	1	Girls	Final
1:51PM	800M	1	Boys	Final
2:00PM	Presentation			
	Girls CI 3,2,1 & Boys CI 3,2,1 800M			
2:12PM	Shot Put	1	Girls	Final
2:16PM	Long Jump	3	Girls	Final
2:20PM	200M	4	Girls	Final
2:26PM	200M	3	Girls	Final
2:29PM	High Jump	2	Boys	Final
2:32PM	200M	3	Boys	Final
2:38PM	200M	2	Girls	Final
2:44PM	200M	2	Boys	Final
2:50PM	200M	1	Girls	Final
2:56PM	200M	1	Boys	Final
3:00PM	Javelin Hep	Open	Girls	Event # 6
3:05PM	Presentation			
	Boys Jav Open & HJ Girls CI 2			
	Girls CI 4,3,2, Boys CI 3, 2 200M			
3:20PM	Discus	2	Boys	Final
3:25PM	70 M Hurdles	4	Girls	Final
3:35PM	80M Hurdles	3	Girls	Final
3:45PM	100M Hurdles	2	Girls	Final
3:50PM	Presentation			
	Girls SP CI 1/HJ CI 2Boys/ Girls CI 4 ,3, 2 Hurdles			
4:00PM	100M Hurdles	1	Girls	Final
4:09PM	100M Hurdles	3	Boys	Final
4:18PM	110M Hurdles	2	Boys	Final
4:21PM	Long Jump	1	Girls	Final
4:28PM	110M Hurdles	1	Boys	Final
4:30PM	Presentation			
	Girls CI 2 & 1 100MH SP CI 1			
	Boys CI 1, 2, 3H & HJ CI 2			
4:46PM	5000M	Open	Boys	Final
5:10PM	800M Hep	Open	Girls	Event # 7
5:12PM	High Jump	1	Boys	Final
5:15PM	Shot Put	1	Boys	Final
5:20PM	Presentation			
	Boys Disc CL 2			
	Girls LJ CI 1/ Hep			

5:32PM **ponsor's activity 15 mins**

5:52PM	4 x100M		Principals Race	
6:02PM	4 x100M	1	Girls	Final
6:12PM	4 x100M	1	Boys	Final
6:22PM	4 x100M	2	Girls	Final
6:32PM	4 x100M	2	Boys	Final

6:35PM **Presentation**
Boys 5000/
Girls & Boys CI 1 & 2 - 4 x 100MR

6:47PM	Triple Jump	2	Boys	Final
6:50PM	4 x100M	3	Girls	Final
7:00PM	4 x100M	3	Boys	Final
7:10PM	4 x100M	4	Girls	Final

7:15PM **Presentation**
& Girls CI 2,3, & 4 - 4 X 100MR Boys HJ & SPCI 1

7:30PM	Sprint Medley	Open	Girls	Final
7:40PM	Sprint Medley	Open	Boys	Final
7:52PM	3000M	Open	Girls	Final

8:10PM **Presentation**
Boys & Girls Sprint Medley / TJ CI 2

8:25PM GK Foods

8:32PM	4X400M	Open	Mixed	Invitational
8:42PM	4X400M	Open	Girls	Final
8:52PM	4X400M	Open	Boys	Final

8:57PM **Medal Presentations**
Girls 3000M / Boys and Girls 4 X 400 R

Closing Ceremony