



February 17th 2024 @ Jamaica National Stadium

| Time | Events | Sponsors2 |
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| | Track Events | |
| 8:15am - 8:25am | Girls 9 -18 1500 Meter Run Open | |
| 8:25am - 8:35am | Boys 9 -18 1500 Meter Run Open | |
| 8:40am - 8:50am | Girls 10-18 400 Meter Hurdles Open | |
| 8:50am - 9:00am | Boys 10-18 400 Meter Hurdles Open | |
| 9:00am - 9:10am | Women 20-99 400 Meter Hurdles Open | |
| 9:10am - 9:20am | Men 20-99 400 Meter Hurdles Open | |
| 9:25am - 9:40am | Women 10-99 2000m Steeplechase Open | |
| 9:40am - 10:05am | Men 10-99 2000m Steeplechase Open | |
| 10:05am - 10:15am | Girls 13-14 400 Meter Run Class 3 | |
| 10:15am - 10:30am | Boys 12-13 400 Meter Run Class 3 | |
| 10:30am - 10:40am | Girls 15-16 400 Meter Run Class 2 | |
| 10:40am - 10:55am | Boys 14-15 400 Meter Run Class 2 | |
| 10:55am - 11:05am | Girls 16-18 400 Meter Run Class 1 | |
| 11:05am - 11:25am | Boys 16-18 400 Meter Run Class 1 | |
| 11:25am - 11:35am | Women 19-99 400 Meter Run Invitational | |
| 11:35pm - 11:55am | Men 19-99 400 Meter Run Invitational | |
| 12:00pm - 12:15pm | Girls 9-12 70 Meter Hurdles Class 4 | |
| 12:15pm - 12:25pm | Girls 13-14 80 Meter Hurdles Class 3 | |
| 12:25pm - 12:35pm | Girls 15-16 100 Meter Hurdles Class 2 | |
| 12:35pm - 12:40pm | Girls 16-18 100 Meter Hurdles class 1 | |
| 12:40pm - 12:50pm | Boys 12-13 100 Meter Hurdles Class 3 | |
| 12:50pm - 12:55pm | Women 19-99 100 Meter Hurdles Invitational | |
| 12:55pm - 1:08pm | Boys 14-15 110 Meter Hurdles Class 2 | |
| 1:10pm - 1:25pm | Boys 16-18 110 Meter Hurdles Class 1 | |
| 1:25pm - 1:35pm | Men 19 -99 110 Meter Hurdles Invitational | |
| 1:40pm -1:50pm | Under 12 Girls Open 4x100m Relay Invitational | |
| 1:52pm- 2:02pm | Under 12 Boys Open 4x100m Relay Invitational | |
| 2:05pm -2:15pm | 4x400 Mixed Relays Invitational | |
| 2:15pm - 2:30pm | Opening Ceremony | |
| 2:30pm - 2:50pm | Girls 16-18 200 Meter Class 1 | |
| 2:50pm - 3:20pm | Boys 16-18 200 Meter Class 1 | |
| 3:20pm - 3:40pm | Girls 15-16 200 Meter Class 2 | |
| 3:40pm - 4:00pm | Boys 14-15 200 Meter Class 2 | |
| 4:00pm - 4:20pm | Girls 13-14 200 Meter Class 3 | |
| 4:20pm - 4:40pm | Boys 12-13 200 Meter Class 3 | |
| 4:40pm - 4:55pm | Women 19-99 200 Meter | |
| 4:55pm - 5:05pm | Men 19-99 200 Meter | |
| 5:05pm - 5:10pm | Women 19-99 60 Meter | |
| 5:10pm - 5:15pm | Men 19-99 60 Meter | |
| 5:15pm - 5:25pm | Girls Open 4x400 Meter Relay Invitational | |

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| 5:30pm - 5:45pm | Boys Open 4x400 Meter Relay Invitational | |
| | Field Events | |
| 9:00am -11:00am | Boys 14-15 Long Jump class 2 | |
| 9:00am -11:00am | Boys 12-13 Long Jump class 3 | |
| 9:00am -11:00am | Girls 9-12 High Jump class 4 | |
| 9:00am -11:00am | Girls 13-14 High Jump class 3 | |
| 11:00am - 1:00pm | Boys 16-18 Discus class 1 | |
| 11:00am - 1:00pm | Women 19-99 Long Jump | |
| 11:00am - 1:00pm | Girls 17-18 Long Jump class 1 | |
| 11:00am - 1:00pm | Girls 15-16 Long Jump class 2 | |
| 11:00am - 1:00pm | Girls 13-14 High Jump class 2 | |
| 11:00am - 1:00pm | Girls 17-18 Discus class 1 | |
| 11:00am - 1:00pm | Women 19-99 Discus Open | |
| 11:00am - 1:00pm | Men 19-99 Discus Open | |
| 11:00am - 1:00pm | Boys 14-15 Shot Put class 2 | |
| 1:00pm - 3:30pm | Boys 16-18 Long Jump class 1 | |
| 1:00pm - 3:30pm | Girls 9-12 Long Jump class 4 | |
| 1:00pm - 3:30pm | Girls 13-14 Long Jump class 3 | |
| 3:30pm - 5:30pm | Women 19 - 99 High Jump | |
| 3:30pm - 5:30pm | Boys 14-15 High Jump class 2 | |
| 3:30pm - 5:30pm | Girls 17-18 High Jump class 1 | |
| 3:30pm - 5:30pm | Boys 16-18 High Jump class 1 | |
| 3:30pm - 5:30pm | Boys 14-15 Discus Class 2 | |
| 3:30pm - 5:30pm | Girls 17-18 Shot Put class 1 | |
| 3:30pm - 5:30pm | Boys 16-18 Shot Put class 1 | |
| 3:30pm - 5:30pm | Women 19-99 Shotput Open | |
| 3:30pm - 5:30pm | Men 19-99 Shotput Open | |
| 3:30pm - 5:30pm | Men 19 - 99 High Jump | |