

2024 NBL TRACK & FIELD CHAMPIONSHIP
ESTIMATED SCHEDULE
 (Note: This schedule is based on 2023 entries)

2024 “OFFICIAL SCHEDULE” WILL BE PUBLISHED BY MON, 4/29
 ESTIMATED SCHEDULE FOR **RUNNING EVENTS** (TUE = TRIALS, THU = FINALS):

TUESDAY	TRACK EVENTS	
4:00 PM	JVG 100m Hurdles	Top 8 to Finals
4:06 PM	VG 100m Hurdles	Top 16 to Finals
4:20 PM	JVB 110m Hurdles	Top 8 to Finals
4:30 PM	JVG 400m	Top 8 to Finals
4:35 PM	JVB 400m	Top 8 to Finals
4:40 PM	VG 400m	Top 16 to Finals
4:45 PM	VB 400m	Top 16 to Finals
5:05 PM	JVG 100m	Top 8 to Finals
5:30 PM	JVB 100m	Top 8 to Finals
5:45 PM	VG 100m	Top 16 to Finals
5:55 PM	VB 100m	Top 16 to Finals
6:15 PM	VG 300m Hurdles	Top 16 to Finals
6:24 PM	JVG 200m	Top 8 to Finals
6:39 PM	JVB 200m	Top 8 to Finals
6:59 PM	VG 200m	Top 16 to Finals
7:09 PM	VB 200m	Top 16 to Finals
7:24 PM	JVG/VG 4 x 800m	FINAL
7:40 PM	JVB/VB 4 x 800m	FINAL

THURSDAY	TRACK
4:00 PM	JVG 4 X 100M
4:04 PM	JVB 4 X 100M
4:08 PM	VG 4 X 100M
4:12 PM	VB 4 x 100M
4:20 PM	JVG 1600M
4:28 PM	JVB 1600M
4:43 PM	VG 1600M
4:51 PM	VB 1600M
5:02 PM	VB 110m Hurdles
5:06 PM	JVB 110m Hurdles
5:10 PM	JVG 100m Hurdles
5:13 PM	VG 100m Hurdles
5:30 PM	JVG 400M
5:34 PM	JVB 400M
5:38 PM	VG 400M
5:44 PM	VB 400M
5:52 PM	JVG 100M
5:55 PM	JVB 100M
5:58 PM	VG 100M
6:04 PM	VB 100M
6:15 PM	JVG 800M
6:20 PM	JVB 800M
6:26 PM	VG 800M
6:30 PM	VB 800M
6:38 PM	JVG 300M Hurdles
6:41 PM	VG 300M Hurdles
6:48 PM	JVB 300M Hurdles
6:51 PM	VB 300M Hurdles
7:00 PM	JVG 200M
7:03 PM	JVB 200M
7:09 PM	VG 200M
7:15 PM	VB 200M
7:25 PM	JVG 3200M
7:40 PM	JVB 3200M
7:55 PM	VG 3200M
8:10 PM	VB 3200M
8:25 PM	JVG 4 X 400M
8:31 PM	JVB 4 X 400M
8:37 PM	VG 4 X 400M
8:43 PM	VB 4 X 400M

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ESTIMATED SCHEDULE FOR FIELD EVENTS (TUE = TRIALS, THU = FINALS):

TUESDAY	FIELD EVENTS	
3:00 PM	JVB Pole Vault	FINAL
3:00 PM	JVG High Jump	FINAL
3:00 PM	JVB Long Jump	Top 8 to Finals
3:00 PM	VG Triple Jump	Top 16 to Finals
3:00 PM	VB Discus	Top 16 to Finals
3:00 PM	VG Shot Put	Top 16 to Finals
3:00 PM	JVB Discus	Top 8 to Finals
3:00 PM	JVG Shot Put	Top 8 to Finals
4:15 PM	VB Pole Vault	FINAL
4:15 PM	VG High Jump	FINAL
4:15 PM	VB Long Jump	Top 16 to Finals
4:15 PM	JVG Triple Jump	Top 8 to Finals
5:00 PM	VG Discus	Top 16 to Finals
5:00 PM	VB Shot Put	Top 16 to Finals
5:00 PM	JVG Discus	Top 8 to Finals
5:00 PM	JVB Shot Put	Top 8 to Finals
5:30 PM	VG Long Jump	Top 16 to Finals
5:30 PM	VB Triple Jump	Top 16 to Finals
6:45 PM	JVG Long Jump	Top 8 to Finals
6:45 PM	JVB Triple Jump	Top 8 to Finals

THURSDAY	FIELD EVENTS	
2:30 PM	UB Long Jump	
3:00 PM	JVG Pole Vault	
3:00 PM	JVB High Jump	
3:00 PM	VB Long Jump	
3:00 PM	VB Discus	
3:00 PM	VG Shot Put	
3:00 PM	JVB Discus	
3:00 PM	JVG Shot Put	
3:45 PM	VG Triple Jump	
4:15 PM	VG Pole Vault	
4:15 PM	VB High Jump	
4:30 PM	JVB Long Jump	
5:00 PM	VG Discus	
5:00 PM	VB Shot Put	
5:00 PM	JVG Discus	
5:00 PM	JVB Shot Put	
5:15 PM	JVG Triple Jump	
6:15 PM	VG Long Jump	
6:15 PM	VB Triple Jump	
7:45 PM	JVG Long Jump	
7:45 PM	JVB Triple Jump	