

2024 Palmer Track & Field Invitational

Order of Events

9:30 AM

Girls' Shot followed by Boys' Shot
Boys' Long Jump followed by Girls' Long Jump (SE Runway)
Girls' Pole Vault followed by Boys' Pole Vault
Boys' Discus followed by Girls' Discus
Girls' Triple Jump followed by Boys' Triple Jump (SW Runway)
Boys' High Jump followed by Girls' High Jump

12:00 (Girls followed by boys)

4x800 Relay
100m/110m High Hurdles Preliminaries
100m Dash Preliminaries
400m Dash Finals
3200m Run Finals
200m Dash Preliminaries
10 Minute Break After Hurdles are Set for the 100HH
Final 100m/110m High Hurdles
100m Dash
800m Run
300m Low/Intermediate Hurdles
200m Dash
1600m Run
4x100 Relay
4x400 Relay