

2024 WOA WINTER OPEN

JANUARY 19, 20, 2024

Final Schedule



Track Events will be run from Fastest to Slowest heats

Friday, January 19 - TRACK

6:00 PM	60m	All Men	39	6
6:20 PM	60m	All Women	50	7
6:45 PM	1500m	U14 & Older Men	14	1
6:55 PM	1500m	U16 & Older Women	9	1
7:05 PM	60m	Men (Top 8 times)	8	1
7:10 PM	60m	Women (Top 8 times)	8	1
7:15 PM	1200m with U12 Women	U14 Women	2	1
7:15 PM	1000m with U14 Women	U12 Women	3	1
7:30 PM	300m	All Men	8	2
7:40 PM	300m	All Women	8	2
7:50 PM	400m	U16 & Older Men	13	3
8:00 PM	400m	U16 & Older Women	11	2
8:10 PM	5000m Open & Masters	All - Men & Women	4m&2w	1
8:30 PM	4 X 200	Men	1	1

Friday, January 19th - FIELD Final Schedule

6:00 PM	Shot Put		U18&Up Master Men	8	1
6:00 PM	Standing L,Jump		U12 & U14 M&W	4,2	1
6:30 PM	Long Jump		All Men	21	1
7:20 PM	High Jump		U12, U14 & U16 Women	4	1
8:00 PM	Triple Jump		U16 & Up Women	14	1
8:00 PM	High Jump		All Men	6	1

Sponsored by Firehouse Subs

2024 WOA WINTER OPEN



Final Schedule

Track Events will be run from Fastest to Slowest heats

Saturday, January 20, 2024 - TRACK

10:00 AM	60m Hurdles		Pent, Open, U18 Women	1,5,2	1
10:10 AM	60m Hurdles		Open Men	4	1
10:15 AM	60m Hurdles		Master,U16 Men	1,4	1
10:20 AM	60m Hurdles		Open, U18 Women	5,2	1
10:25 AM	60m Hurdles		Open Men	4	1
10:35 AM	2000m		U16 Men	2	1
10:35 AM	3000m(with U16 2000m)		U18 & Up Men	4	1
10:50 AM	2000m		U16 Women	3	1
10:50 AM	3000m(with U16 2000m)		Senior,Master's Women 6	6	1
11:10 AM	150m		U12, U14 Men	2,5	2
11:20 AM	150m		Master Men	3	1
11:25 AM	150m		U12	5	1
11:30 AM	150m		U14,Master Women	9,1	2
11:40 AM	200m		U16 & Up Men	23	4
11:55 AM	200m		U16 & Up Women	26	5
1:00 PM	600m		U12 & up Men	4,3	2
1:10 PM	600m		U12 & up Women	17	3
1:25 PM	800m		U16 & Up Men	24	3
1:40 PM	800m		U16 & Up Women	8	1
1:50 PM	4x100m		All Men	1	1
2:00 PM	4x100m		All Women	2	1
2:05 PM	4x 400m		U16 & Up Men	2	1
2:10 PM	4x 400m		U16 & Up Women	2	1
2:20 PM	800m		Women Pentathlon	6	1

Saturday, January 20, 2024 - FIELD Final Schedule

10:00 AM	Long Jump		U12,U14 &U16 Women	6,4,3	1
10:45 AM	Weight Throw		Men & Women	5 & 6	1
10:55 AM	High Jump		U18 &up W &Pent W	3,3,6,1	1
11:30 AM	Pole Vault		Men	3	1
12:00 AM	Shot Put		All Women, & Pent	8,1	1
1:00 PM	Pole Vault		Women	7	1
1:20 PM	Long Jump		U18&up Women,Pent W	8,6,11,1	1

Sponsored by Firehouse Subs