

2024 WINTER OPEN

JANUARY 19, 20, 2024

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

Friday, January 19 - TRACK

6:00 PM	60m	Heptathlon Men
	60m	All Men
	60m	Special Olympic Men
	60m	All Women
	60m	Special Olympic Women
	1500m	U16 & Older Men
	1500m	Special Olympic Men
	1500m	U16 & Older Women
	1500m	Special Olympic Women
	60m	Top 8 Men all Ages
	60m	Top 8 Women all Ages
	1200m	U14 Men
	1200m	U14 Men
	1000m	U12 & Open Male
	1000m	U12 & Open Female
	300m	All Men
	300m	All Men
	400m	U16 & Older Men
	400m	Special Olympic Men
	400m	U16 & Older Women
	5000m Open & Master M & W	All
	4 X 200	Men then Women

Friday, January 19 - FIELD Tentative Schedule

6:00 PM	Shot Put	U18 & Older Men
6:00 PM	Standing L,Jump	U12 & U14 W&M
6:30 PM	Long Jump	U18 & Older Men, Hept Men
7:00 PM	High Jump	U12, U14 & U16 Women
7:30 PM	Long Jump	U12, U14 & U16 Men
7:30 PM	Shot Put	Hept. Men
8:00 PM	Triple Jump	Women U16 & Up
8:00 PM	High Jump	U18 & Older Men, Hept Men

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Saturday, January 20, 2024 - TRACK

9:45 AM	60m Hurdles	Men & Pent & Hep Men
	60m Hurdles	Women & Pent Women
	2000m	U16 Men
	2000m	U16 Women
	3000m	U18 & Up Men
	3000m	Master's Men *numbers permitting
	3000m	U18 & Up Women
	3000m	Master's Women *numbers permitting
	150m	U12, U14, Masters Men
	150m	U12, U14, Masters Women
	200m	U16 & Up Men
	200m	Master's Men *numbers permitting
	200m	U16 & Up Women
	200m	Master's Women *numbers permitting
	600m	U12 & up Men
	600m	U12 & up Women
	800m	U16 & Up Men
	800m	U16 & Up Women
	1000m	Heptathlon
	4x100m	All Men
	4x100m	All Women
	4x 400m	U16 & Up Men
	4x 400m	U16 & Up Women
	800m	Women's Pentathlon

Saturday, January 20, 2024 - FIELD Tentative

10:00 AM	Long Jump	U12, U14 & U16 Women
10:00 AM	Shot Put	Special Olympic Men & Women
10:45 AM	Long Jump	Pentathlon Men U16 & U18
10:45 AM	High Jump	U18 & up Women & Pent W
11:00 AM	Weight Throw	Men & Women
11:00 AM	Pole Vault	Men & Hept M
11:30 PM	Shot Put	U16 & up Women, Pent
12:00 AM	Long Jump	Special Olympic Men & Women
1:30 PM	Long Jump	U18 & Up Women, Pent W
1:00 PM	Pole Vault	Women
1:00 PM	High Jump	U12, U14, U16 Men
1:30 PM	Triple Jump	U16 & Up Men