Session: 2 Saturday Field Events - National Stadium Day 1 - Saturday 2/17/2024 - Starts at 02:00 PM

| | Event | Round |
|---------|------------------------------|--------|
| 2:00 PM | #88 Boys Long Jump Under 17 | Finals |
| 2:00 PM | #92 Men Long Jump Open | Finals |
| 3:30 PM | #87 Girls Long Jump Under 17 | Finals |
| 3:30 PM | #91 Women Long Jump Open | Finals |

Session: 1 Saturday Throwing Events - St. George Secondary School Day 1 - Saturday 2/17/2024 - Starts at 03:00 PM

| | Event | Round | |
|---------|--|--------|--|
| 3:00 PM | #117 Girls Javelin Throw 500g Under 17 | Finals | |
| 3:00 PM | #118 Boys Javelin Throw 700g Under 17 | Finals | |
| 3:00 PM | #121 Women Javelin Throw 600g Open | Finals | |
| 3:00 PM | #122 Men Javelin Throw 800g Open | Finals | |
| 4:00 PM | #79 Girls High Jump Under 17 | Finals | |
| 4:00 PM | #83 Women High Jump Open | Finals | |
| 5:30 PM | #80 Boys High Jump Under 17 | Finals | |
| 5:30 PM | #84 Men High Jump Open | Finals | |

Session: 3 Saturday Track Events Day 1 - Saturday 2/17/2024 - Starts at 04:00 PM

| | Event | Round |
|---------|--------------------------------------|---------|
| 4:00 PM | #47 Girls 400 Meter Dash Under 17 | Prelims |
| 4:05 PM | #48 Boys 400 Meter Dash Under 17 | Prelims |
| 4:15 PM | #50 Boys 400 Meter Dash Under 20 | Prelims |
| 4:25 PM | #51 Women 400 Meter Dash Open | Prelims |
| 4:35 PM | #52 Men 400 Meter Dash Open | Prelims |
| 4:55 PM | #31 Girls 200 Meter Dash Under 13 | Finals |
| 5:05 PM | #32 Boys 200 Meter Dash Under 13 | Finals |
| 5:15 PM | #33 Girls 200 Meter Dash Under 15 | Finals |
| 5:25 PM | #34 Boys 200 Meter Dash Under 15 | Finals |
| 5:35 PM | #23 Girls 100 Meter Dash Under 17 | Prelims |
| 5:45 PM | #24 Boys 100 Meter Dash Under 17 | Prelims |
| 5:55 PM | #26 Boys 100 Meter Dash Under 20 | Prelims |
| 6:05 PM | #27 Women 100 Meter Dash Open | Prelims |
| 6:15 PM | #28 Men 100 Meter Dash Open | Prelims |
| 6:30 PM | #67 Girls 1500 Meter Run Under 17 | Finals |
| 6:30 PM | #71 Women 1500 Meter Run Open | Finals |
| 6:40 PM | #68 Boys 1500 Meter Run Under 17 | Finals |
| 6:40 PM | #72 Men 1500 Meter Run Open | Finals |
| 6:55 PM | #141 Mixed 4x100 Meter Relay Juniors | Finals |
| 7:10 PM | #47 Girls 400 Meter Dash Under 17 | Finals |
| 7:08 PM | #48 Boys 400 Meter Dash Under 17 | Finals |
| 7:15 PM | #50 Boys 400 Meter Dash Under 20 | Finals |
| 7:23 PM | #51 Women 400 Meter Dash Open | Finals |
| 7:30 PM | #52 Men 400 Meter Dash Open | Finals |
| 7:38 PM | #23 Girls 100 Meter Dash Under 17 | Finals |
| 7:45 PM | #24 Boys 100 Meter Dash Under 17 | Finals |
| 7:53 PM | #26 Boys 100 Meter Dash Under 20 | Finals |
| 8:03 PM | #27 Women 100 Meter Dash Open | Finals |
| 8:15 PM | #28 Men 100 Meter Dash Open | Finals |

Session: 4 Sunday Field Events - Lester Vaughan School Day 2 - Sunday 2/18/2024 - Starts at 03:00 PM

| | Event | Round |
|---------|--|--------|
| 3:00 PM | #101 Girls Shot Put 3kg Under 17 | Finals |
| 3:00 PM | #102 Boys Shot Put 5kg Under 17 | Finals |
| 3:00 PM | #103 Girls Shot Put 4kg Under 20 | Finals |
| 3:00 PM | #104 Boys Shot Put 6kg Under 20 | Finals |
| 3:00 PM | #105 Women Shot Put 4kg Open | Finals |
| 3:00 PM | #106 Men Shot Put 7.260kg Open | Finals |
| 4:30 PM | #109 Girls Discus Throw 1kg Under 17 | Finals |
| 4:30 PM | #110 Boys Discus Throw 1.5kg Under 17 | Finals |
| 4:30 PM | #111 Girls Discus Throw 1kg Under 20 | Finals |
| 4:30 PM | #112 Boys Discus Throw 1.75kg Under 20 | Finals |
| 4:30 PM | #113 Women Discus Throw 1kg Open | Finals |
| 4:30 PM | #114 Men Discus Throw 2kg Open | Finals |

Session: 6 Sunday Field Events - National Stadium Day 2 - Sunday 2/18/2024 - Starts at 03:00 PM

| | Event | Round |
|---------|--------------------------------|--------|
| 3:00 PM | #93 Girls Triple Jump Under 17 | Finals |
| 3:00 PM | #98 Men Triple Jump Open | Finals |
| 4:15 PM | #94 Boys Triple Jump Under 17 | Finals |
| 4:15 PM | #97 Women Triple Jump Open | Finals |

Session: 5 Sunday Track Events Day 2 - Sunday 2/18/2024 - Starts at 04:00 PM

| | Event | Round |
|---------|-----------------------------------|---------|
| 4:00 PM | #35 Girls 200 Meter Dash Under 17 | Prelims |
| 4:10 PM | #36 Boys 200 Meter Dash Under 17 | Prelims |
| 4:20 PM | #38 Boys 200 Meter Dash Under 20 | Prelims |
| 4:40 PM | #39 Women 200 Meter Dash Open | Prelims |
| 5:00 PM | #40 Men 200 Meter Dash Open | Prelims |
| 5:10 PM | #43 Girls 400 Meter Dash Under 13 | Finals |
| 5:20 PM | #44 Boys 400 Meter Dash Under 13 | Finals |
| 5:30 PM | #45 Girls 400 Meter Dash Under 15 | Finals |
| 5:40 PM | #46 Boys 400 Meter Dash Under 15 | Finals |
| 5:50 PM | #73 Women 3000 Meter Run Open | Finals |
| 5:50 PM | #74 Boys 3000 Meter Run Under 17 | Finals |
| 5:50 PM | #76 Men 5000 Meter Run Open | Finals |
| 6:10 PM | #61 Girls 800 Meter Run Under 17 | Finals |
| 6:10 PM | #65 Women 800 Meter Run Open | Finals |
| 6:20 PM | #62 Boys 800 Meter Run Under 17 | Finals |
| 6:30 PM | #66 Men 800 Meter Run Open | Finals |
| 6:40 PM | #19 Girls 100 Meter Dash Under 13 | Finals |
| 6:45 PM | #20 Boys 100 Meter Dash Under 13 | Finals |
| 6:50 PM | #21 Girls 100 Meter Dash Under 15 | Finals |
| 6:55 PM | #22 Boys 100 Meter Dash Under 15 | Finals |
| 7:00 PM | #35 Girls 200 Meter Dash Under 17 | Finals |
| 7:08 PM | #36 Boys 200 Meter Dash Under 17 | Finals |
| 7:15 PM | #38 Boys 200 Meter Dash Under 20 | Finals |
| 7:23 PM | #39 Women 200 Meter Dash Open | Finals |
| 7:30 PM | #40 Men 200 Meter Dash Open | Finals |
| 7:50 PM | #133 Mixed 4x300 Meter Relay Open | Finals |