Session: 1 Saturday Field Events - National Stadium Day 1 - Saturday 3/2/2024 - 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: 2 Saturday Throwing Events - St. George Secondary School Day 1 - Saturday 3/2/2024 - 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 3/2/2024 - Starts at 04:00 PM

	Event	Round
4:00 PM	#51 Women 400 Meter Dash Open	Prelims
4:05 PM	#52 Men 400 Meter Dash Open	Prelims
4:15 PM	#47 Girls 400 Meter Dash Under 17	Prelims
4:25 PM	#48 Boys 400 Meter Dash Under 17	Prelims
4:35 PM	#49 Girls 400 Meter Dash Under 20	Prelims
4:45 PM	#50 Boys 400 Meter Dash Under 20	Prelims
5:05 PM	#31 Girls 200 Meter Dash Under 13	Finals
5:10 PM	#32 Boys 200 Meter Dash Under 13	Finals
5:15 PM	#33 Girls 200 Meter Dash Under 15	Finals
5:20 PM	#34 Boys 200 Meter Dash Under 15	Finals
5:40 PM	#27 Women 100 Meter Dash Open	Prelims
5:50 PM	#28 Men 100 Meter Dash Open	Prelims
6:00 PM	#23 Girls 100 Meter Dash Under 17	Prelims
6:10 PM	#24 Boys 100 Meter Dash Under 17	Prelims
6:20 PM	#25 Girls 100 Meter Dash Under 20	Prelims
6:30 PM	#26 Boys 100 Meter Dash Under 20	Prelims
6:50 PM	#67 Girls 1500 Meter Run Under 17	Finals
6:50 PM	#71 Women 1500 Meter Run Open	Finals
7:00 PM	#68 Boys 1500 Meter Run Under 17	Finals
7:00 PM	#72 Men 1500 Meter Run Open	Finals
7:15 PM	#141 Mixed 4x100 Meter Relay Juniors	Finals
7:30 PM	#51 Women 400 Meter Dash Open	Finals
7:35 PM	#52 Men 400 Meter Dash Open	Finals
7:40 PM	#47 Girls 400 Meter Dash Under 17	Finals
7:45 PM	#48 Boys 400 Meter Dash Under 17	Finals
7:50 PM	#49 Girls 400 Meter Dash Under 20	Finals
7:55 PM	#50 Boys 400 Meter Dash Under 20	Finals
8:00 PM	#27 Women 100 Meter Dash Open	Finals
8:10 PM	#28 Men 100 Meter Dash Open	Finals
8:05 PM	#23 Girls 100 Meter Dash Under 17	Finals
8:10 PM	#24 Boys 100 Meter Dash Under 17	Finals
8:15 PM	#25 Girls 100 Meter Dash Under 20	Finals
8:20 PM	#26 Boys 100 Meter Dash Under 20	Finals

Session: 4 Sunday Field Events - TBD Day 2 - Sunday 3/3/2024 - 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 3/3/2024 - 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 3/3/2024 - Starts at 04:00 PM

	Event	Round
4:00 PM	#39 Women 200 Meter Dash Open	Prelims
4:05 PM	#40 Men 200 Meter Dash Open	Prelims
4:15 PM	#35 Girls 200 Meter Dash Under 17	Prelims
4:25 PM	#36 Boys 200 Meter Dash Under 17	Prelims
4:35 PM	#37 Girls 200 Meter Dash Under 20	Prelims
4:45 PM	#38 Boys 200 Meter Dash Under 20	Prelims
5:00 PM	#43 Girls 400 Meter Dash Under 13	Finals
5:05 PM	#44 Boys 400 Meter Dash Under 13	Finals
5:10 PM	#45 Girls 400 Meter Dash Under 15	Finals
5:15 PM	#46 Boys 400 Meter Dash Under 15	Finals
5:30 PM	#73 Women 3000 Meter Run Open	Finals
5:30 PM	#74 Boys 3000 Meter Run Under 17	Finals
5:30 PM	#76 Men 5000 Meter Run Open	Finals
5:55 PM	#61 Girls 800 Meter Run Under 17	Finals
6:00 PM	#65 Women 800 Meter Run Open	Finals
6:05 PM	#62 Boys 800 Meter Run Under 17	Finals
6:10 PM	#66 Men 800 Meter Run Open	Finals
6:25 PM	#19 Girls 100 Meter Dash Under 13	Finals
6:30 PM	#20 Boys 100 Meter Dash Under 13	Finals
6:35 PM	#21 Girls 100 Meter Dash Under 15	Finals
6:40 PM	#22 Boys 100 Meter Dash Under 15	Finals
6:55 PM	#39 Women 200 Meter Dash Open	Finals
7:00 PM	#40 Men 200 Meter Dash Open	Finals
7:05 PM	#35 Girls 200 Meter Dash Under 17	Finals
7:10 PM	#36 Boys 200 Meter Dash Under 17	Finals
7:15 PM	#37 Girls 200 Meter Dash Under 20	Finals
7:20 PM	#38 Boys 200 Meter Dash Under 20	Finals