

***the TRACK at new balance Early Bird Invite***

Saturday, December 7, 2024  
TIME SCHEDULE CALCULATIONS

Event	Round	Gender	Start Time
60m HH	Prelims	Men	9:00am
60m HH	Prelims	Women	9:10am
60m Dash	Prelims	Men	9:20am
60m Dash	Prelims	Women	9:50am
60m HH	Final	Men	10:10am
60m HH	Final	Women	10:15am
60m Dash	Final	Men	10:20am
60m Dash	Final	Women	10:23am
<b>RAISE TRACK</b>			<b>10:25am</b>
Mile	Final	Men	10:30am
Mile	Final	Women	11:00am
400m	Final	Men	11:30am
400m	Final	Women	11:45am
500m	Final	Men	12:00pm
500m	Final	Women	12:10pm
800m	Final	Men	12:15pm
800m	Final	Women	12:25pm
200m	Final	Men	12:35pm
200m	Final	Women	1:10pm
4x400m	Final	Men	1:40pm
4x400m	Final	Women	1:50pm
3000m	Final	Men	2:00pm
3000m	Final	Women	2:30pm
5000m	Final	Men	3:20pm
5000m	Final	Women	4:10pm

**Field Events**

Pole Vault ( <b>1 Mat</b> )	Men	9:00am
Pole Vault	Women (After Men's PV)	
Shot Put	Men	9:00am
Shot Put	Women (After Men's)	
Weight Throw	Men (After Women's Shot Put)	
Long Jump (2 pits)	Men & Women	9:00am
Triple Jump	Men & Women (After Long Jump)	
High Jump	Men & Women (After the conclusion of the 60m final)	10:30am