# 2024 VertKlasse Meeting 

Tentative Schedule

## Friday, April 5th

THROWS- Long throw events will be on a rolling schedule; approximate start times are listed

| 9:30am | Men's Open Hammer* | (2 flights/ 3 attempts) |
| :--- | :--- | :--- |
| Approx. 11:30am | Women's Hammer | (2 flights/3 attempts) |
| Approx. 1:00pm | Elite Men's Hammer | (top 12 entries/top 9 to final) |
| Approx. 2:15pm | Elite Women's Hammer | (top 12 entries/top 9 to final) |
| Approx 3:30pm | Women's Javelin | (2 flights; 3 attempts; top 9 to final) |
| 30min after conclusion of W JT | Men's Javelin* | (2 flights; 3 attempts; top 9 to final) |

JUMPS

| 10:00am | Men's 'B' High Jump | (1.97m and below) |
| :---: | :---: | :---: |
| followed by | Women's 'B' High Jump | (1.64m and below) |
| 11:00pm | Women's 'B' Pole Vault | (3.96m and below) |
| Approx. 2:30pm | Men's 'B' Pole Vault | (4.81m and below) |
| 1:00pm | Men's Long Jump -Runway A | (3 flights) |
|  | Women's Long Jump-Runway B | (3 flights) |

## TRACK EVENTS

| 1:00 PM | Women's Steeplechase |
| :--- | :--- |
| 1:20 PM | Men's Steeplechase |
| 1:45 PM | Women's 1500 |
| 2:20 PM | Men's 1500 |
| 3:00 PM | Women's 5000 (3 Heats) |
| 4:00 PM | Men's 5000 (3 Heats) |

## Saturday, April 6th

THROWS- Long throw events will be on a rolling schedule; approximate start times are listed

| 10:00 AM | Men's Shot Put | (3 flights/3 attempts; top 9 to final) |
| :---: | :---: | :---: |
| 30 min after conclusion of M SP | Women's Shot Put | (3 flights/3 attempts; top 9 to final) |
| 10:00 AM | Women's Discus | ( 2 flights/ 3 attempts) |
| Approx. 12:00pm | Elite Women's Discus | (top 12 entries/top 9 to final) |
| Approx. 1:30pm | Men's Discus | ( 2 flights/3 attempts) |
| Approx 3:30pm | Elite Men's Discus | (top 12 entries/top 9 to final) |
| JUMPS |  |  |
| Approx. 11:30pm | Men's "A' Pole Vault | (4.82m and above) |
| Approx. 2:30pm | Women's "A' Pole Vault | (3.99m and above) |
| 11:00pm | Women's ' $A^{\prime}$ ' High Jump | (1.65m and above) |
| Approx. 1:00pm | followed by Men's ' $A^{\prime}$ ' High Jump | (1.98m and above) |
| 1:00pm | Men's Triple Jump-Runway A | (Max Field Size -36) |
|  | Women's Triple Jump-Runway B | (Max Field Size -36) |


| TRACK EVENTS | PARTICIPATION SECTION |
| :---: | :---: |
| 9:00 AM | Women's 800m Participation (7 Heats) |
| 9:25 AM | Men's 800m Participation (7 Heats) |
| 9:50 AM | Women's 100m Participation (12 Heats) |
| 10:05 AM | Men's 100m Participation (12 Heats) |
| 10:25 AM | Women's 400m Participation (12 Heats) |
| 10:45 AM | Men's 400m Participation (10 Heats) |
| 11:10 AM | Women's 100mH Participation (9 Heats) |
| 11:35 AM | Men's 110mHH Participation (8 Heats) |
| 12:00 PM | Women's 200m Participation (20 Heats) |
| 12:25 PM | Men's 200m Participation (16 Heats) |
| 12:50 PM | Women's 400mIH Participation (6 Heats) |
| 1:10 PM | Men's 400mIH Participation (6 Heats) |
| 1:30PM | COED 5000m Racewalk (1 heat) |
|  | HIGH PERFORMANCE SECTION- Top 16 entrants in each event/2 sections |
| 2:30 PM | Opening Ceremonies/ Senior Recognition |
| 2:45 PM | *Men's 400 mH (top 2 sections) |
| 2:55 PM | Women's 400 mH (top 2 sections) |
| 3:05 PM | Women's 100m (top 2 sections) |
| 3:10 PM | Men's 100m (top 2 sections) |
| 3:20 PM | Boys and Girls Club 100m (3 sections) |
| 3:25 PM | Women's 400m (top 2 sections) |
| 3:30 PM | Men's 400m (top 2 sections) |
| 3:35 PM | Mascot Race |
| 3:40 PM | Women's 400m Relay ( 3 Heats) |
| 3:50 PM | Men's 400m Relay (2 Heats) |
| 4:00 PM | Women's 100 mH (top 2 sections) |
| 4:10 PM | Men's 110m HH (top 2 sections) |
| 4:20 PM | Women's 800m (top 2 sections) |
| 4:30 PM | Men's 800m (top 2 sections) |
| 4:40 PM | Women's 200m (top 2 sections) |
| 4:45 PM | Men's 200m (top 2 sections) |
| 4:55 PM | Women's High School 2K Steeplechase (1 Heat) |
| 5:10 PM | Men's High School 2K Steeplechase (1 Heat) |
| 5:22 PM | Women's 1600m Relay (4 Heats) |
| 5:45 PM | Men's 1600m Relay (3 Heats) |

