

2024 SACRAMENTO MEET OF CHAMPIONS - ORDER OF EVENTS

OPEN SESSION (10:30 a.m. - 4:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
07	Girls' 4 x 800 Meter Relay - Heat 1	10:30 a.m.	01	Boys' Long Jump	11:00 a.m.
08	Boys' 4 x 800 Meter Relay - Heat 1				
09	Girls' 400 Meter Relay - Heat 1	11:00 a.m.	02	Boys' Pole Vault	11:00 a.m.
	Girls' 400 Meter Relay - Heat 2				
	Girls' 400 Meter Relay - Heat 3		03	Girls' High Jump	11:00 a.m.
10	Boys' 400 Meter Relay - Heat 1	11:15 a.m.			
	Boys' 400 Meter Relay - Heat 2		04	Boys' Discus	11:00 a.m.
	Boys' 400 Meter Relay - Heat 3				
11	Boys' 3200 Meters	11:30 a.m.	05	Girls' Shot Put	11:00 a.m.
12	Girls' 3200 Meters				
13	Girls' 100 Meter Hurdles - Heat 1	12:04 p.m.	06	Girls' Triple Jump	11:00 a.m.
	Girls' 100 Meter Hurdles - Heat 2				
	Girls' 100 Meter Hurdles - Heat 3				
14	Boys' 110 Meter Hurdles - Heat 1	12:20 p.m.			
	Boys' 110 Meter Hurdles - Heat 2				
	Boys' 110 Meter Hurdles - Heat 3				
15	Girls' 400 Meters - Heat 1	12:35 p.m.			
	Girls' 400 Meters - Heat 2				
	Girls' 400 Meters - Heat 3				
16	Boys' 400 Meters - Heat 1	12:50 p.m.			
	Boys' 400 Meters - Heat 2		19	Girls' Long Jump	1:15 p.m.
	Boys' 400 Meters - Heat 3				
17	Girls' 100 Meters - Heat 1	1:05 p.m.	20	Girls' Pole Vault	1:15 p.m.
	Girls' 100 Meters - Heat 2				
	Girls' 100 Meters - Heat 3		21	Boys' High Jump	1:15 p.m.
18	Boys' 100 Meters - Heat 1	1:20 p.m.			
	Boys' 100 Meters - Heat 2		22	Girls' Discus	1:15 p.m.
	Boys' 100 Meters - Heat 3				
25	Girls' 800 Meters - Heat 1	1:35 p.m.	23	Boys' Shot Put	1:15 p.m.
	Girls' 800 Meters - Heat 2				
	Girls' 800 Meters - Heat 3		24	Boys' Triple Jump	1:15 p.m.
26	Boys' 800 Meters - Heat 1	1:53 p.m.			
	Boys' 800 Meters - Heat 2				
	Boys' 800 Meters - Heat 3				
27	Girls' 300 Meter Low Hurdles - Heat 1	2:15 p.m.			
	Girls' 300 Meter Low Hurdles - Heat 2				
	Girls' 300 Meter Low Hurdles - Heat 3				
28	Boys' 300 Meter Int. Hurdles - Heat 1	2:30 p.m.			
	Boys' 300 Meter Int. Hurdles - Heat 2				
	Boys' 300 Meter Int. Hurdles - Heat 3				
29	Girls' 200 Meters - Heat 1	2:50 p.m.			
	Girls' 200 Meters - Heat 2				
	Girls' 200 Meters - Heat 3				
30	Boys' 200 Meters - Heat 1	3:05 p.m.			
	Boys' 200 Meters - Heat 2				
	Boys' 200 Meters - Heat 3				
31	Girls' 1600 Meters	3:20 p.m.			
32	Boys' 1600 Meters	3:35 p.m.			
33	Girls' 1600 Meter Relay - Heat 1	3:45 p.m.			
	Girls' 1600 Meter Relay - Heat 2				
34	Boys' 1600 Meter Relay - Heat 1	4:00 p.m.			
	Boys' 1600 Meter Relay - Heat 2				

INVITATIONAL SESSION (4:00 p.m. - 8:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
42	Women's 400 Meter Relay	5:30 p.m.	35	Women's Pole Vault	4:00 p.m.
43	Men's 400 Meter Relay	5:38 p.m.			
44	Women's 1600 Meters	5:45 p.m.	36	Men's Long Jump	5:00 p.m.
45	Men's 1600 Meters	5:55 p.m.	37	Women's Triple Jump	5:00 p.m.
46	Women's 100 Meter Hurdles	6:05 p.m.	38	Women's High Jump	5:00 p.m.
47	Men's 110 Meter High Hurdles	6:15 p.m.	39	Women's Shot Put	5:00 p.m.
48	Women's 400 Meters	6:20 p.m.	40	Men's Discus	5:00 p.m.
49	Men's 400 Meters	6:25 p.m.			
55	Women's 100 Meters	6:30 p.m.	41	Men's Pole Vault	6:00 p.m.
56	Men's 100 Meters	6:35 p.m.			
57	Women's 800 Meters	6:40 p.m.	50	Women's Long Jump	6:30 p.m.
58	Men's 800 Meters	6:50 p.m.	51	Men's Triple Jump	6:30 p.m.
59	Women's 300 Meter Low Hurdles	7:00 p.m.	52	Men's High Jump	6:30 p.m.
60	Men's 300 Meter Intermediate Hurdles	7:10 p.m.	53	Men's Shot Put	6:30 p.m.
61	Women's 200 Meters	7:17 p.m.	54	Women's Discus	6:30 p.m.
62	Men's 200 Meters	7:23 p.m.			
63	Women's 3200 Meters	7:30 p.m.			
64	Men's 3200 Meters	7:48 p.m.			
65	Women's 1600 Meter Relay	8:05 p.m.			
66	Men's 1600 Meter Relay	8:15 p.m.			
