

# SOUTH BAY CHAMPS 2024

These are APPROXIMATE times. We will be on a rolling schedule. We will run ahead of schedule if possible.  
(Fastest to slowest for unlimited entry 100m heats)

## Friday Schedule

Time	Event	Heat Number
4:45	G Unlimited 100s	Visitors Side
4:45	B Unlimited 100s	Home Side
5:30	Girls 3200m	1
5:46	Girls 4x100m	1
5:49	Girls 4x100m	2
5:52	Boys 4x100m	1
5:55	Boys 4x100m	2
5:59	Boys 3200m	1
6:14	Boys 110H	1
6:17	Boys 110H	2
6:20	Boys 110H	3
6:24	Girls 110H	1
6:27	Girls 110H	2
6:31	Girls 110H	3
6:37	Girls 400m	1
6:40	Girls 400m	2
6:43	Girls 400m	3
6:46	Boys 400m	1
6:47	Boys 400m	2
6:50	Boys 400m	3
6:54	Girls 100m	1
6:56	Girls 100m	2
6:58	Girls 100m	3
7:00	Girls 100m	4
7:02	Girls 100m	5
7:04	Boys 100m	1
7:06	Boys 100m	2
7:08	Boys 100m	3
7:10	Boys 100m	4
7:12	Boys 100m	5
7:16	Girls 800m	1
7:19	Girls 800m	2
7:22	Girls 800m	3
7:25	Boys 800m	1
7:28	Boys 800m	2
7:31	Boys 800m	3
7:37	Girls 300h	1
7:39	Girls 300h	2
7:41	Girls 300h	3
7:45	Boys 300h	1
7:47	Boys 300h	2
7:49	Boys 300h	3
7:53	Girls 200m	1
7:55	Girls 200m	2
7:57	Girls 200m	3
7:59	Boys 200m	1
8:01	Boys 200m	2
8:03	Boys 200m	3
8:07	Girls 1600m	1
8:15	Girls 1600m	2
8:23	Girls 1600m	3
8:31	Boys 1600m	1
8:38	Boys 1600m	2
8:45	Boys 1600m	3
8:52	Girls 4x400m	1
8:59	Boys 4x400m	1

## Saturday Schedule

Time	Event	Heat Number
5:00	G Unlimited 100s	Home Side
5:00	B Unlimited 100s	Visitors Side
5:50	Open Mile	1
6:00	Girls 3200m	1
6:15	Girls 4x100m	1
6:18	Girls 4x100m	2
6:22	Boys 4x100m	1
6:25	Boys 4x100m	2
6:28	Boys 3200m	1
6:41	Boys 110H	1
6:44	Boys 110H	2
6:47	Boys 110H	3
6:51	Girls 110H	1
6:53	Girls 110H	2
6:56	Girls 110H	3
7:00	Girls 400m	1
7:03	Girls 400m	2
7:06	Girls 400m	3
7:09	Boys 400m	1
7:11	Boys 400m	2
7:14	Boys 400m	3
7:18	Girls 100m	1
7:20	Girls 100m	2
7:22	Girls 100m	3
7:24	Girls 100m	4
7:26	Girls 100m	5
7:28	Boys 100m	1
7:30	Boys 100m	2
7:32	Boys 100m	3
7:34	Boys 100m	4
7:36	Boys 100m	5
7:40	Girls 800m	1
7:43	Girls 800m	2
7:46	Girls 800m	3
7:50	Boys 800m	1
7:53	Boys 800m	2
7:56	Boys 800m	3
8:02	Girls 300h	1
8:04	Girls 300h	2
8:06	Girls 300h	3
8:10	Boys 300h	1
8:12	Boys 300h	2
8:14	Boys 300h	3
8:18	Girls 200m	1
8:20	Girls 200m	2
8:22	Girls 200m	3
8:24	Boys 200m	1
8:26	Boys 200m	2
8:28	Boys 200m	3
8:32	Girls 1600m	1
8:39	Girls 1600m	2
8:46	Girls 1600m	3
8:53	Boys 1600m	1
9:00	Boys 1600m	2
9:07	Boys 1600m	3
9:14	Girls 4x400m	1
9:21	Boys 4x400m	1

## Friday Field Events

4:30	High Jump	Girls
After Girls	High Jump	Boys
4:30	Long Jump #1	Boys
4:30	Long Jump #1	Girls
6:00	Long Jump #2	Boys
6:00	Long Jump #2	Girls
7:30	Triple Jump	Boys
7:30	Triple Jump	Girls

## Saturday Field Events

5:00	High Jump	Girls
After Girls	High Jump	Boys
5:00	Long Jump #1	Boys
5:00	Long Jump #1	Girls
6:30	Long Jump #2	Boys
6:30	Long Jump #2	Girls
8:00	Triple Jump	Boys
8:00	Triple Jump	Girls

## Saturday Morning

10:00	Girls 1600m	Rolling Schedule
10:30	Boys 1600m	
11:30	Final Heat Boys	

## Saturday Morning Field Events

10:00	Pole Vault	F/S G -> F/S B -> Var G -> Var B			
10:00	Discus	Boys f/s then Var	2 flights F/S	2 flights var	
10:00	Shot Put	Girls f/s then Var	3 flights F/S	3 flights var	
After Boys	Discus	Girls f/s Then Var	2 flights F/S	2 flights var	
After Girls	Shot Put	Boys f/s AND Var	4 flights F/S	6 flights var	