

3C2A



2024 Southern California Track & Field Regional Championships

Track Events		
W 3000m Steeplechase	11:00 am	2 Heats
M 3000m Steeplechase	11:30 am	2 Heats
W 4x100m Relay	12:00 pm	3 Heats
M 4x100m Relay	12:15 pm	3 Heats
W 1500m	12:30 pm	2 Heats
M 1500m	12:45 pm	2 Heats
W 100m Hurdles	1:00 pm	3 Heats
M 110m Hurdles	1:15 pm	3 Heats
W 400m	1:30 pm	3 Heats
M 400m	1:45 pm	3 Heats
W 100m	2:00 pm	3 Heats
M 100m	2:15 pm	3 Heats
W 800m	2:30 pm	3 Heats
M 800m	2:50 pm	3 Heats
W 400m Hurdles	3:20 pm	3 Heats
M 400m Hurdles	3:35 pm	3 Heats
W 200m	3:50 pm	3 Heats
M 200m	4:00 pm	3 Heats
W 10,000m	4:10 pm	Final
W 4x400m Relay	5:00 pm	3 Heats
M 4x400m Relay	5:20 pm	3 Heats
M 10,000m	5:40 pm	Final

Prelims Schedule - Friday, May 3, 2024

Throw Events		
M/W Javelin	9:00 am	2 Flights
M/W Hammer	11:30 am	2 Flights
M/W Discus	2:00 pm	2 Flights
M/W Shot Put	4:00 pm	2 Flights

Jump Events		
M High Jump	9:00 am	
W High Jump	11:00 am	2 Flights
W Long Jump	9:00 am	2 Flights
M Long Jump	11:00 am	2 Flights
M Pole Vault	10:00 am	
W Pole Vault	2:00 pm	
M/W Triple Jump	2:00 pm	2 Flights