

3C2A



2024 Southern California Track & Field Regional Championships

Track Events	
W 3000m Steeplechase	2:30 pm
M 3000m Steeplechase	2:50 pm
W 4x100m Relay	3:10 pm
M 4x100 Relay	3:15 pm
W 1500m	3:20 pm
M 1500m	3:30 pm
W 100m Hurdles	3:40 pm
M 110m Hurdles	3:50 pm
W 400m	4:00 pm
M 400m	4:05 pm
W 100m	4:15 pm
M 100m	4:20 pm
W 800m	4:25 pm
M 800m	4:30 pm
W 400m Hurdles	4:40 pm
M 400m Hurdles	4:50 pm
W 200m	5:00 pm
M 200m	5:05 pm
W 5,000m	5:10 pm
W 5,000m	5:35 pm
W 4x400m Relay	5:50 pm
M 4x400 Relay	6:00 pm



Finals Schedule - Friday, May 10, 2024

Throw Events	
M/W Javelin	11:00 am
M/W Hammer	1:30 pm
M/W Discus	3:00 pm
M/W Shot Put	4:00 pm

Jump Events	
M/W High Jump	11:00 am
M/W Long Jump	1:00 pm
M Pole Vault	12:00 pm
W Pole Vault	2:00 pm
M/W Triple Jump	3:00 pm