2024 Altoona Middle School Championship Invitational

TIME SCHEDULE (Approximate)

10:00 BOYS 110m Hurdles (33') TRIALS
10:15 GIRLS 100m Hurdles (30") TRIALS
10:30 BOYS 100 m Dash TRIALS
10:40 GIRLS 100 m Dash TRIALS

10:50 GIRLS 4x8 Relay
11:05 BOYS 4x8 Relay
11:20 GIRLS 100m Hurdles (30") FINALS
11:25 BOYS 110m Hurdles (33") FINALS
11:30 GIRLS 100m Dash FINALS
11:35 BOYS 100m Dash FINALS
11:40 GIRLS 1600m Run
12:00 BOYS 1600m Run
12:20 GIRLS 4x1 Relay
12:30 BOYS 4x1 Relay
12:40 GIRLS 400 m Dash
12:55 BOYS 400m Dash
1:10 GIRLS 300m Hurdles (30")
1:30 BOYS 300m Hurdles (30")
1:50 GIRLS 800m Run
2:05 BOYS 800m Run
2:20 GIRLS 200m Dash
2:30 BOYS 200m Dash
2:40 GIRLS 3200m Run
3:00 BOYS 3200m Run
3:20 GIRLS 4x4 Relay
3:30 BOYS 4x4 Relay

FIELD EVENTS

10:00 BOYS SHOT PUT (Visitors Bleachers)
GIRLS DISCUS (Visitors Bleachers)
BOYS TRIPLE JUMP (Flag Pole End)
GIRLS LONG JUMP (Flag Pole End))
GIRLS HIGH JUMP (Scoreboard)

11:00 BOYS JAVELIN

12:00 GIRLS SHOT PUT (Visitors Bleachers)
BOYS DISCUS (Visitors Bleachers)
GIRLS TRIPLE JUMP (Flag Pole End)
BOYS LONG JUMP (Flag Pole End)
BOYS HIGH JUMP (Flag Pole End)

1:00 GIRLS JAVELIN

POLE VAULT

WEIGH-IN FOR BOTH BOYS AND GIRLS WILL BE BETWEEN 8:30-9:30

10:00 – POLE VAULT BEGINS