



# 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**