



2024 Garden State Collegiate Open

Final Schedule: we will move ahead when possible

<u>Running Events</u>		<u>Field Events</u>	
7:00 pm	Women's 60m HH	7:00pm	Women's Long Jump
7:04pm	Men's 60m HH	to follow	Women's Triple Jump
7:08pm	Women's 60m		
7:16pm	Men's 60m	7:00pm	Men's Long Jump
7:28pm	Women's Mile	to follow	Men's Triple Jump
7:41pm	Men's Mile		
8:03pm	Women's 400m	7:00pm	Women's Pole Vault
8:07pm	Men's 400m	~8:15pm	Men's Pole Vault
8:15pm	Women's 800m		
8:21pm	Men's 800m	7:00pm	Women's High Jump
8:36pm	Women's 200m		Men's High Jump
8:52pm	Men's 200m		
9:12pm	Women's 3000m	7:00pm	Women's Shot Put
9:25pm	Men's 3000m	to follow	Men's Shot Put
9:47pm	Women's 4x400m Relay	to follow	Women's and Men's
9:52pm	Men's 4x400m Relay		Weight Throw (one combined flight)

Throws:

Shot Put: Each athlete will receive three throws. Top eight athletes will move on to the finals. Top six athletes will receive medals

Weight Throw: Each athlete will receive six attempts

Teams are \$600 per gender. Full team is 14 participants.

Teams that do not have 14 individuals will be charged per entry of \$40. For example, John Smith is entered in the 60m and 300m this is \$80. Relays will also be an additional \$50.

Jump Progressions:

Women's High Jump: Opening height is 1.40 (↑ by 5cm) 1.45, 1.50, 1.55, etc.

Men's High Jump: Opening height is 1.70 (↑by 5cm) 1.75, 1.80, 1.85, etc.

Women's Pole Vault: Opening height is 2.75 (↑ by 15cm) 2.90, 3.05, 3.20, etc.

Men's Pole Vault: Opening height is 3.12 (↑ by 15cm) 3.27, 3.42, 3.57, etc.

Entry Fee: