

2024 NWOAL Track & Field Championships
Evergreen High School Pifer Field
Wednesday May 8 & Friday May 10
Schedule of Events

Wednesday May 8, 2024

Field Event Finals

1:30 pm Girls Pole Vault followed by Boys PV
 2:00 Boys Long Jump followed by Girls LJ
 Girls High Jump followed by Boys HJ
 Boys Shotput followed by Girls SP
 Girls Discus followed by Boys D

Field event awards

6:30 Girls 4 X 800 Relay Finals
 Girls relay awards
 Boys 4 X 800 Relay Finals
 Boys relay awards

Semi-finals of Running Events

CALLS WILL BE MADE FOR SEMI-FINALS

Qualifying to Finals – Top 8 times in each event to finals

Girls 100m Hurdles
 Boys 110 m Hurdles
 Girls 100m Dash
 Boys 100m Dash

15 MINUTE BREAK

Girls 400m Dash
 Boys 400m Dash
 Girls 300m Hurdles
 Boys 300m Hurdles

10 MINUTE BREAK

Girls 200m Dash
 Boys 200m Dash

Friday May 10, 2024

Awards will be given after each final

FINALS **Approximate times**
Calls will be made for the events

7:00 pm Girls 100m Hurdles
 7:05 Boys 110m Hurdles
 7:10 Girls 100m Dash
 7:12 Boys 100m Dash
 7:15 Girls 4 X 200m Relay
 7:25 Boys 4 X 200m Relay
 7:35 Girls 1600m Run
 7:45 Boys 1600m Run
 7:55 Girls 4 X 100m Relay
 8:00 Boys 4 X 100m Relay
 8:05 Girls 400m Dash
 8:10 Boys 400m Dash
 8:15 Girls 300m Hurdles
 8:20 Boys 300m Hurdles
 8:25 Girls 800m Run
 8:30 Boys 800m Run
 8:35 Girls 200m Dash
 8:40 Boys 200m Dash
 8:45 Girls 3200m Run
 9:00 Boys 3200m Run
 9:15 Girls 4 X 400m Relay
 9:25 Boys 4 X 400m Relay

9:40

**NWOAL TEAM CHAMPIONSHIP
 TROPHY PRESENTATION**

***If Friday needs to be postponed, Monday May 13, 2024 @ 7:00 pm is the alternate date.**