

2024 Utah State Track and Field Championships

THURSDAY RUNNING EVENTS (5A-6A) NOTE: Unless there is impending inclement weather, Thursday Running Events will not move ahead of scheduled start time. (right column indicates the number of heats run in 2023)

10:00 AM	Girls' 3200m Run	5A-6A	Timed Finals	2
10:30 AM	Boys' 3200m Run	5A-6A	Timed Finals	2
11:05 AM	Girls' 100m Hurdles	5A-6A	Trials	6
11:25 AM	Boys' 110m Hurdles	5A-6A	Trials	6
11:50 AM	Girls' 100m Dash	5A-6A	Trials	6
12:05 PM	Boys' 100m Dash	5A-6A	Trials	7
12:20 PM	Girls' 400m Dash	5A-6A	Trials	6
12:50 PM	Boys' 400m Dash	5A-6A	Trials	6
1:10 PM	Girls' Unified 4x100m Relay	5A-6A	Timed Finals	2
1:25 PM	Boys' Unified 4x100m Relay	5A-6A	Timed Finals	2
1:40 PM	Girls' Unified 4x400m Relay	5A-6A	Timed Finals	
2:00 PM	Boys' Unified 4x400m Relay	5A-6A	Timed Finals	
2:20 PM	BREAK			
3:00 PM	Girls' 300m Hurdles	5A-6A	Trials	6
3:15 PM	Boys' 300m Hurdles	5A-6A	Trials	6
3:35 PM	Girls' 200m Dash	5A-6A	Trials	6
3:50 PM	Boys' 200m Dash	5A-6A	Trials	6
4:05 PM	Girls' 4x800m Relay	5A-6A	Timed Finals	4
4:35 PM	Boys' 4x800m Relay	5A-6A	Timed Finals	4
5:00 PM	Girls' 4x200m Relay	5A-6A	Timed Finals	6
5:30 PM	Boys' 4x200m Relay	5A-6A	Timed Finals	6
6:00 PM	Projected Finish Time			

THURSDAY FIELD EVENTS (5A-6A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
10:00 AM	5A Boys	6A Boys	5A Girls	6A Girls	5A Boys	
11:00 AM						5A Boys
11:45 AM	5A-6A Unified		5A-6A Unified		5A-6A Unified	
1:00 PM	6A Girls	5A Girls	6A Boys	5A Boys	6A Girls	
1:30 PM						5A Girls
3:00 PM	6A Boys	5A Boys	6A Girls	5A Girls	6A Boys	

FRIDAY RUNNING EVENTS (1A-4A) NOTE: Due to anticipated increase in the number participants in 4A, Friday running events may move ahead of schedule. However, the first scheduled afternoon event (Girls' 300m Hurdles) will not start prior to 2:50 PM unless there is impending inclement weather. (right column indicates the number of heats run in 2023)

8:00 AM	Girls' 3200m Run	1A-4A	Timed Finals	4
9:00 AM	Boys' 3200m Run	1A-4A	Timed Finals	4
10:05 AM	Girls' 100m Hurdles	1A-4A	Trials	10
10:30 AM	Boys' 110m Hurdles	1A-4A	Trials	9
11:00 AM	Girls' 100m Dash	1A-4A	Trials	12
11:25 AM	Boys' 100m Dash	1A-4A	Trials	13
11:55 AM	Girls' 400m Dash	1A-4A	Trials	9
12:20 PM	Boys' 400m Dash	1A-4A	Trials	10
12:45 PM	Girls' Unified 4x100m Relay	1A-4A	Timed Finals	1
12:55 PM	Boys' Unified 4x100m Relay	1A-4A	Timed Finals	1
1:05 PM	Girls' Unified 4x400m Relay	1A-4A	Timed Finals	
1:20 PM	Boys' Unified 4x400m Relay	1A-4A	Timed Finals	
1:40 PM	BREAK			
2:30 PM	Girls' 300m Hurdles	1A-4A	Trials	8
2:50 PM	Boys' 300m Hurdles	1A-4A	Trials	8
3:10 PM	Girls' 200m Dash	1A-4A	Trials	10
3:30 PM	Boys' 200m Dash	1A-4A	Trials	12
3:50 PM	Girls' 4x800m Relay	4A	Timed Finals	1
4:05 PM	Boys' 4x800m Relay	4A	Timed Finals	1
4:20 PM	Girls' Medley Relay	1A-3A	Timed Finals	6
5:00 PM	Boys' Medley Relay	1A-3A	Timed Finals	6
5:40 PM	Girls' 4x200m Relay	4A	Timed Finals	2
5:55 PM	Boys' 4x200m Relay	4A	Timed Finals	2
6:20 PM	Projected Finish Time			

FRIDAY FIELD EVENTS (1A-4A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
9:00 AM	4A Girls	1A Boys	2A Girls	1A Girls	3A Boys	
11:00 AM	1A-4A Unified		1A-4A Unified		1A-4A Unified	1A-4A Boys
12:30 PM	1A Girls	2A Boys	3A Girls	2A Girls	4A Boys	
2:15 PM	2A Girls	3A Boys	4A Girls	3A Girls	1A Boys	1A-4A Girls
4:00 PM	3A Girls	4A Boys	1A Girls	4A Girls	2A Boys	

SATURDAY RUNNING EVENTS (1A-6A) NOTE: Unless there is impending inclement weather, Saturday Running Events will not move ahead of scheduled start time. (right column indicates the number of heats run in 2023)

7:30 AM	Girls' 1600m Run	1A-6A	Timed Finals	8
8:30 AM	Boys' 1600m Run	1A-6A	Timed Finals	8
9:25 AM	Girls' 100m Hurdles	1A-6A	Finals	6
9:45 AM	Boys' 110m Hurdles	1A-6A	Finals	6
10:05 AM	Girls' 100m Dash	1A-6A	Finals	6
10:20 AM	Boys' 100m Dash	1A-6A	Finals	6
10:35 AM	Girls' 400m Dash	1A-6A	Finals	6
10:55 AM	Boys' 400m Dash	1A-6A	Finals	6
11:15 AM	BREAK			
12:00 PM	Girls' 300m Hurdles	1A-6A	Finals	6
12:15 PM	Boys' 300m Hurdles	1A-6A	Finals	6
12:30 PM	Girls' 800m Run	1A-6A	Finals	9
1:00 PM	Boys' 800m Run	1A-6A	Finals	8
1:25 PM	Girls' 4x100m Relay	1A-6A	Timed Finals	13
2:30 PM	Boys' 4x100m Relay	1A-6A	Timed Finals	14
3:40 PM	Girls' 200m Dash	1A-6A	Finals	6
3:55 PM	Boys' 200m Dash	1A-6A	Finals	6
4:10 PM	Girls' 4x400m Relay	1A-4A	Timed Finals	8
4:55 PM	Boys' 4x400m Relay	1A-4A	Timed Finals	8
5:40 PM	Girls' 4x400m Relay	5A-6A	Timed Finals	6
6:15 PM	Boys' 4x400m Relay	5A-6A	Timed Finals	6
6:50 PM	TEAM AWARDS			

SATURDAY FIELD EVENTS (1A-6A)

	Shot Put	Discus	Javelin	High Jump	Long Jump	Pole Vault
8:00 AM	3A Boys	4A Girls	1A Boys	2A Boys	3A Girls	
9:30 AM						6A Boys
9:45 AM	4A Boys	1A Girls	2A Boys	3A Boys	4A Girls	
11:30 AM	1A Boys	2A Girls	3A Boys	4A Boys	1A Girls	
1:00 PM						6A Girls
1:15 PM	2A Boys	3A Girls	4A Boys	1A Boys	2A Girls	
3:00 PM	5A Girls	6A Girls	5A Boys	6A Boys	5A Girls	