

Coast2Coast International Meet 2024												
Friday July 12th						Saturday July 13th (cont'd)						
Track			Field			Track			Field			
Time	Event	Age groups	Time	Event	Age groups	Time	Event	Age groups	Time	Event	Age groups	
			8:15am	Pole vault warm-up	MU16 & MU18	10:50am	Welcome & Team Photos					
			8:30am	Javelin	MU16							
9:00am	3000m walk	U16 M & F	9:00am	Triple Jump	WU18	11:30am	200m Heats	All ages - M & F	11:30am	Triple Jump	MU16	
	5000m walk	U18, U20 & Open M & F	9:00am	Pole vault	MU16 & MU18				11:30am	High Jump	WU18	
			10:00am	Javelin	MU20				11:30am	Javelin	WOpen	
9:50am	60m Heats	All ages - M & F							11:30am	Shot Put	MU20	
			10:30am	Triple Jump	WU16				12:15pm	Triple Jump	WOpen, WU20	
10:45am	3000m Steeplechase - 91cm	MU20 & Open				12:45pm	800m	Straight Finals				
			11:00am	Pole vault warm-up	MU20, MOpen				1:00pm	High Jump	MU20, MOpen	
11:05am	2000m Steeplechase - 84cm	MU18							1:00pm	Discus	MU18	
11:20pm	2000m Steeplechase - 76cm	MU16, WU16, WU18							1:00pm	Shot Put	WU18	
			11:30am	Javelin	WU16	1:50pm	200m Finals	All ages - M & F				
			11:30am	Shot Put	MU18				2:30pm	High Jump	MU16	
			11:30am	High Jump	WU20, WOpen				2:30pm	Discus	WU16	
11:45pm	3000m Steeplechase - 76cm	WU20 & Open	11:45am	Pole vault	MU20, MOpen				2:30pm	Shot Put	WU20	
			12:00pm	Long Jump	MU16				2:45pm	Triple Jump	MU18	
12:30pm	Sprint hurdle heats	All age groups				2:50pm	4x400m Mixed Relays - Timed Finals	All ages - M & F				
			1:00pm	Javelin	WU20	Sunday July 14th						
			1:00pm	Shot Put	WU16							
1:15pm	60m semi-finals	All ages - M & F	1:15pm	Long Jump	MU18	Time	Event	Age groups	Time	Event	Age groups	
			1:45pm	Pole vault warm-up	W - all ages	8:30am	Long hurdles	All ages - M & F	8:30am	Discus	WU18	
2:00pm	60m Finals	All ages - M & F							9:00am	Long Jump	MOpen, MU20	
			2:30pm	Javelin	MU18	9:45am	1500m Finals	All ages - M & F				
			2:30pm	Shot Put	MU16				10:00am	Discus	WOpen, WU20	
			2:30pm	Pole vault	W - all ages				10:15am	Long Jump	WU18	
2:45pm	400m heats	MU20 & Open & FU20 & Open				11:25am	100m Heats	All ages - M & F				
3:30pm	4x100m Relays - Timed Finals	All ages - M & F	3:30pm	Javelin	MOpen				11:30am	Long Jump	WOpen, WU20	
Saturday July 13th									11:30am	Shot Put	MOpen	
									11:30am	Discus	MU20	
Time	Event	Age groups	Time	Event	Age groups	12:50pm	400m Finals	All ages - M & F				
			8:30am	High Jump	WU16				1:00pm	Shot Put	WOpen	
9:00am	5000m	MU20, Open & FU20, Open							1:00pm	Discus	MOpen	
9:40am	3000m	MU16, U18 & FU16, U18	9:45am	Triple Jump	MU20 & MOpen	1:30pm	100m Finals	All ages - M & F				
			9:50am	High Jump	MU18				2:00pm	Long Jump	WU16	
			9:50am	Javelin	WU18	2:20pm	4x400m Relays - Timed Finals	All ages - M & F				
10:15am	Sprint hurdle finals	All age groups							2:30pm	Discus	MU16	