

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	1:50-2:20pm	200m Finals				
10:00am	3000m walk	U16 M & F	9:00am	Triple Jump	WU18	1:54pm	U16F 200m Final				
	All walk together	U18, U20 & Open M & F	9:00am	Pole vault	MU16 & MU18	1:54pm	U16M 200m Final				
10:50-11:05am	60m Heats		10:15am	Javelin	MU20	1:58pm	U18F 200m Final				
10:50am	U18F (2 heats)	Heats not required	10:15am	Javelin	MU16 & MU18	2:02pm	U18M 200m Final				
10:54am	U18M (2 heats)	for other	10:30am	Triple Jump	WU16	2:06pm	U20F 200m Final				
10:58am	U20M (2 heats)	age groups				2:10pm	U20M 200m Final				
						2:14pm	OpF 200m Final				
			11:15am	Javelin	WU16	2:18pm	OpM 200m Final				
11:15am	3000m Steeplechase - 91cm	MU20 & Open	11:30am	High Jump	WU20 & WOpen				2:30pm	High Jump	MU16
11:40pm	3000m Steeplechase - 76cm	WU20 & Open	11:45am	Pole vault	MU20, MOpen				2:30pm	Discus	WU16
12:10pm	2000m Steeplechase - 76cm	MU16, WU16, WU18	11:50am	Shot Put	MU18	2:40pm	4x400m Mixed Relays - Timed Finals	All ages - M & F	2:45pm	Triple Jump	MU18
1:00pm	60m Finals	All ages - M & F	11:50am	Long Jump	MU16				3:00pm	Shot Put	WU20
1:04pm	U16F		12:30pm	Shot Put	WU16						
1:08pm	U18F										
1:12pm	U20F										
1:16pm	OpenF		1:15pm	Javelin	WU20						
1:20pm	U16M		1:15pm	Long Jump	MU18						
1:24pm	U18M					8:30am	Long hurdles	All ages - M & F	8:30am	Discus	WU18
1:28pm	U20M					8:30am	200m hurd: U16F&U16M (76cm)		9:15am	Long Jump	WU18
1:32pm	OpenM					8:38am	300m hurd:U18F&U20F (76cm)				
						8:44am	300m hurd:U18M (84cm)		10:00am	Discus	WOpen & WU20
						8:50am	300m hurd:U20M (91cm)				
1:45pm	400m heats	MU20 (2 heats)	1:45pm	Pole vault warm-up	W - all ages	9:00am	400m hurd: OpM (91cm)		10:40am	Long Jump	MOpen & MU20
						9:50-10:35am	1500m Finals	All ages - M & F			
2:30pm	4x100m Relays - Timed Finals	All ages - M & F	2:30pm	Shot Put	MU16	10:00am	U16F				
			2:30pm	Pole vault	W - all ages	10:10am	U18 & OpF				
						10:20am	U16&U18M				
			3:30pm	Javelin	MOpen	10:30am	U20&OpM				
Saturday July 13th						11:30am-12:20pm	100m Heats	All ages - M & F			
Track			Field			11:30am	U16F (2 heats)		11:30am	Discus	MU20 & MOpen
Time	Event	Age groups	Time	Event	Age groups	11:38am	U18F (2 heats)				
8:45am	400m heats	U18 M (2 heats)	8:30am	High Jump	WU16	11:46am	U16M (2 heats)				
9:00am	5000m	FU20, Open & MU20, Open				11:54am	U18M (2 heats)				
9:35am	3000m	FU16, U18 & MU16, U18				12:02pm	U20M (2 heats)				
			9:45am	Triple Jump	MU20 & MOp	12:10pm	Open M (2 heats)				
10:10-10:50	Sprint hurdle finals	All age groups	9:45am	Triple Jump	MU16				12:15pm	Long Jump	WOpen & WU20
10:10am	Open M 110m @106.7cm		9:50am	High Jump	MU18	12:40-1:15pm	400m Finals	All ages - M & F			
10:15am	U20M 110m @ 99cm		9:50am	Javelin	WU18	12:40pm	U16F				
10:20am	U18M 110m @ 91cm					12:45pm	U18F				
10:25am	U16M 100m @ 84cm					12:50pm	U20F & OpF				
10:35am	OpW & U20W 100m@84cm					12:55pm	U16M				
10:40am	U18W 100m @ 76cm					1:00pm	U18M		1:00pm	Shot Put	WOpen & MOpen
10:45am	U16W 90m @ 76cm					1:05pm	U20M				
						1:10pm	OpM				
10:50am	Welcome & Team Photos										
11:45-12:30	200m Heats		11:30am	High Jump	WU18	1:30pm	100m Finals	All ages - M & F	1:30pm	Long Jump	WU16
11:45am	U16F 200m (2 heats)		11:30am	Shot Put	MU20	1:30pm	U16F				
11:52am	U18F 200m (3 heats)		12:15pm	Javelin	WOpen	1:34pm	U18F				
12:03pm	U18M 200m (3 heats)		12:15pm	Triple Jump	WOpen & WU20	1:38pm	U20F				
12:14pm	U20M 200m (2 heats)					1:42pm	OpF				
12:25pm	OpenM 200m (2 heats)					1:46pm	U16M				
12:45-1:12pm	800m Finals	Straight Finals	12:45pm	Shot Put	WU18	1:50pm	U18M				
12:45pm	U16F 800m Final					1:54pm	U20M				
12:51pm	U16M 800m Final		1:00pm	High Jump	MU20 & Mopen	1:58pm	OpM		2:00pm	Discus	MU16
12:57pm	U18F, U20F & OpenF 800m Finals		1:00pm	Discus	MU18						
1:03pm	U18F, U20F & OpenF 800m Finals					2:20pm	4x400m Relays - Timed Finals				