



March 16, 2024

@Dacula HS
Dacula, GA

FINAL SCHEDULE - THROWS GRIND

Track Events	
10:00 a.m. (rolling)	3000m run All ages/one mixed heat
	100m hurdles All ages/one mixed heat
	400m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	1500m run 12U/13+
1:00 p.m. (rolling) (+/- 30 minutes)	100m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	800m run 10U/11+
	1500m race walk All ages/one mixed heat
	200m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

Field Events	
9:00 a.m.	Throws clinic begins near shot put venue
9:30 a.m.	Long jump (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	Shot put (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
1:00 p.m.	Discus throw (11-12, 13-14, 15-16, 17-18, Open, Masters)
	Javelin throw (Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 6U)
	High jump (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)