

STCU WEST COAST INDOOR TRACK & FIELD CHAMPIONSHIPS

THE PODIUM.
POWERED BY stcū

Spokane
SPORTS

UPDATED SCHEDULE | MARCH 2–3, 2024

SATURDAY, MARCH 2

FIELD EVENTS

Start	Event
9:00 a.m.	Girl's Long Jump - HS(1 pit)
9:00 a.m.	Boy's Long Jump - HS(1 pit)
10:00 a.m.	Girl's Shot Put – MS
10:30 a.m.	Girl's Pole Vault - HS
~11:30 a.m.	Boy's Shot Put - MS
12:45 p.m.	Girl's Long Jump – MS (1 Pit)
12:45 p.m.	Boy's Long Jump – MS (1 Pit)
~1:00 p.m.	Girl's Shot Put – HS (to follow Boys MS Shot Put)
2:00 p.m.	Boy's Pole Vault – HS
2:30 p.m.	Girl's High Jump – HS (1 Pit)
2:30 p.m.	Boy's High Jump – HS (1 Pit)
~3:00 p.m.	Boy's Shot Put – HS (to follow Girls HS Shot Put)

RUNNING EVENTS

10:00 a.m.	Girl's 800 Meters - MS
10:10 a.m.	Boy's 800 Meters – MS
10:20 a.m.	Girls 800 Meters – HS
10:35 a.m.	Boy's 800 Meters – HS
11:00 a.m.	Girl's 60m Hurdles, Prelim - MS
11:10 a.m.	Boy's 60m Hurdles, Prelim – MS
11:20 a.m.	Girl's 60m Hurdles, Prelim – HS
11:35 a.m.	Boy's 60m Hurdles, Prelim – HS
11:50 a.m.	Girl's 60m Hurdles, Final – MS
11:55 a.m.	Boy's 60m Hurdles, Final – MS
12:00 p.m.	Girl's 60m Hurdles, Final – HS
12:05 p.m.	Boy's 60m Hurdles, Final – HS
12:10 p.m.	Girl's 60m, Prelim – MS
12:20 p.m.	Boy's 60m, Prelim – MS
12:30 p.m.	Girl's 60m, Prelim – HS
12:45 p.m.	Boy's 60m, Prelim – HS
1:20 p.m.	Girl's 60m, Final – MS
1:25 p.m.	Boy's 60m, Final – MS
1:30 p.m.	Girl's 60m, Final – HS
1:35 p.m.	Boy's 60m, Final – HS
1:40 p.m.	Girl's 3,000m – MS
1:50 p.m.	Boy's 3,000m – MS
2:05 p.m.	Girl's 400m – MS
2:15 p.m.	Boy's 400m – MS
2:25 p.m.	Girl's 400m – HS
2:55 p.m.	Boy's 400m – HS
3:35 p.m.	Girl's 3,000m – HS
3:50 p.m.	Boy's 3,000m – HS
4:30 p.m.	Girl's 4x200 Meter Relay – MS
4:35 p.m.	Boy's 4x200 Meter Relay – MS
4:40 p.m.	Girl's 4x200 Meter Relay – HS
4:45 p.m.	Boy's 4x200 Meter Relay – HS

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SUNDAY, MARCH 3

FIELD EVENTS

Start	Event
9:30 a.m.	Girl's Triple Jump - HS(1 Pit)
9:30 a.m.	Boy's Triple Jump - HS(1 Pit)
10:00 a.m.	Girl's High Jump – MS
11:00 a.m.	Boy's High Jump - MS
10:30 a.m.	Girl's Weight Throw - HS
~12:00 p.m.	Boy's Weight Throw - HS (to follow Girl's Weight)

RUNNING EVENTS

9:30 a.m.	Girl's 300m – MS
9:35 a.m.	Boy's 300m - MS
9:40 a.m.	Girl's 300m – HS
9:50 a.m.	Boy's 300m - HS
10:00 a.m.	Girl's Open Mile – MS
10:10 a.m.	Boy's Open Mile – MS
10:20 a.m.	Girl's Open Mile – HS
10:45 a.m.	Boy's Open Mile – HS
11:50 a.m.	Girl's 200m – MS
12:20 p.m.	Boy's 200m – MS
1:00 p.m.	Girl's Open 200m – HS
1:50 p.m.	Boy's Open 200m – HS
2:45 p.m.	Girl's Invite Mile (Top 12 Entries) – HS
2:50 p.m.	Boy's Invite Mile (Top 12 Entries) – HS
2:55 p.m.	Girl's Invite 200m – HS (3 heats, top 12)
3:05 p.m.	Boy's Invite 200m – HS (3 heats, top 12)
3:15 p.m.	Girl's 4x400-Meter Relay – MS
3:25 p.m.	Boy's 4x400-Meter Relay – MS
3:35 p.m.	Girl's 4x400-Meter Relay – HS
3:50 p.m.	Boy's 4x400-Meter Relay – HS