

ANGEL CITY GAMES
TRACK MEET
SUNDAY, JUNE 30, 2024

Track Events:

8:00 – 8:45 am Track Open for warm ups
9:00 am 400m
9:30 am 100m
10:00 am 800m
10:30 am 200m
11:00 am 60m – must register by 10:00 am

Lunch 11:30 am – 2:00 pm. If you are competing in the afternoon field events, please return to the field by 1:30 pm to warm up and compete.

Field Events:

9:00 am Amb. Javelin -- All
 Seated Shot Put -- Adults

10:00 am Amb. Discus -- All
 Seated Javelin -- Adults

2:00 pm Amb. Shot Put -- All
 Seated Discus – Adults
 Seated Throws -- Youth
 High Jump -- All
 Long Jump -- All