

2024 NCCCAF Track and Field

Track Race Schedule:

11:00am	110m	Hurdle race
11:00am	100m	Track Race
11:30am	5000m	Track Race
12:10pm	400m	Track Race
12:40pm	4 x 100m	Relay Race

2:00pm	1500m	Track Race
2:20pm	200m	Track Race
3:30pm	800m	Track Race
4:30pm	3000m	Track Race
5:00pm	4 x 400m	Relay Race
5:30pm	16 x 100m	Relay Race

Field Schedule:

11:00am High Jump

11:00am Shot Put

11:00am Long Jump

2:00 pm Triple Jump