



2024 Minnesota State Varsity Showcase Schedule



Running Events

Schedule Below (we will roll schedule no more than 15 minutes more than times below)

Girls will run first except 60m hurdle final

Fastest sections will be ran first in all events going around the track

Coaches Meeting	10:20am
National Anthem	10:55am
60m Hurdle Prelims	11:00am
60m Dash Prelims	11:20am
4x800m Relay	12:10pm
60m Hurdle final (16 athlete - two heat final)	12:40pm
60m Dash Finals (16 athlete - two heat final)	12:55pm
Mile Run	1:05pm
Officials Break	1:30pm
400m Dash	1:50pm
4x200m Relay	2:35pm
800m Run	3:00pm
3200m Run	3:40pm
200m Dash	4:10pm
4x400m Relay	5:00pm
Team Awards	5:30pm

Field Events

Shotput (3 throws and finals)	11:30am	(Boys first, girls to follow)
Triple Jump	10:30am	(Boys first, girls to follow)
High Jump	11:00am	(Boys first, girls to follow)
Pole Vault	11:00pm	(Girls first, boys to follow)
Long Jump	2:00pm	(Boys first, girls to follow)

****4 jumps in horizontals - NO FINALS - 10-15 minute open runway between events****

Boys Triple Jump	10:30am - 12:00pm (1:30 hours)
Girls Triple Jump	12:15pm - 1:45pm (1:30 hours)
Boys Long Jump	2:00pm - 3:30pm (1:30 hours)
Girls Long Jump	3:45pm - 5:15pm (1:30 hours)

PLEASE HAVE JUMPERS LAY OUT APPROACHES UPON ARRIVAL TO FACILITY