

2024 Olympic Trials Time Schedule

The 2024 USATF Championships will also be the Olympic Trials selection meet for Team USA. Here's an easy-to-read version of the Eugene timetable, with color-coded finals (blue = men; red = women). Abbreviations: q = field-event qualifying round; h = heats; sf = semifinals; F = finals. Updated as of June 20.

FRIDAY, JUNE 21

10:00..... mDecathlon 100
11:00..... wHammer q
11:01..... mDecathlon LJ
12:11..... mDecathlon SP
(break)
15:06..... m400..... h
15:30..... mJavelin q
15:41..... w400..... h
16:17..... w800..... h
16:30..... mDecathlon HJ
16:49..... mSteeple h
17:22..... m1500..... h
17:50..... mPole Vault q
17:53..... w100..... h
18:15..... mShot q
18:22..... w5000..... h
18:50..... wTriple Jump..... q
19:05..... mDecathlon 400
19:27..... m10,000..... F

SATURDAY, JUNE 22

10:00..... mDecathlon 110H
11:08..... mDecathlon DT
13:17..... mDecathlon PV
(break)
16:45..... mLong Jump q
17:00..... wHigh Jump q
17:15..... mDecathlon JT
17:58..... w100..... sf
18:20..... wTriple Jump..... F
18:20..... m100..... h
18:40..... mShot F

18:56..... m1500..... sf
19:15..... w400..... sf
19:38..... mDecathlon 1500 . F
19:50..... w100..... F

SUNDAY, JUNE 23

10:00..... wHeptathlon 100H
11:23..... wHeptathlon HJ
(break)
17:00..... wHammer F
17:40..... mPole Vault F
17:48..... m100..... sf
18:10..... wHeptathlon SP
18:11..... w800..... sf
18:35..... m400..... sf
18:40..... mJavelin F
18:58..... w400..... F
19:07..... mSteeple F
19:26..... wHeptathlon 200
19:49..... m100..... F

MONDAY, JUNE 24

10:00..... wHeptathlon LJ
11:10..... wHeptathlon JT
(break)
17:00..... wDiscus..... q
17:05..... m110 Hurdles h
17:15..... wHigh Jump F
17:25..... mLong Jump F
17:47..... m1500..... F
17:59..... wSteeple h
18:37..... wHept 800 A..... F
18:48..... wHept 800 B..... F

18:59..... m400..... F
19:09..... w5000..... F
19:32..... w800..... F

TUESDAY, JUNE 25

rest day

WEDNESDAY, JUNE 26

rest day

THURSDAY, JUNE 27

16:30..... m800..... h
16:50..... wDiscus..... F
17:00..... mHigh Jump..... q
17:01..... m110 Hurdles sf
17:23..... w1500..... h
17:51..... w200..... h
18:18..... wLong Jump..... q
18:20..... m400 Hurdles h
18:45..... mDiscus q
18:49..... w400 Hurdles h
19:18..... wSteeple F
19:33..... m200..... h
20:03..... m5000..... h

FRIDAY, JUNE 28

16:00..... wJavelin q
16:30..... mHammer..... q
17:23..... w100 Hurdles h
17:53..... w1500..... sf
17:55..... wPole Vault q
18:16..... m400 Hurdles sf
18:20..... mTriple Jump q

18:39..... m800..... sf
19:06..... w200..... sf
19:15..... wShot q
19:28..... m200..... sf
19:50..... m110 Hurdles F

SATURDAY, JUNE 29

7:30..... m20K Walk F
7:31..... w20K Walk..... F
(walks held in Springfield)
16:30..... mDiscus F
17:04..... w100 Hurdles sf
17:20..... wLong Jump..... F
17:27..... w200..... F
17:41..... w400 Hurdles sf
17:50..... wShot F
18:09..... w10,000..... F
18:49..... m200..... F

SUNDAY, JUNE 30

14:50..... mHammer..... F
15:15..... wPole Vault F
15:30..... mHigh Jump..... F
15:55..... mTriple Jump F
16:10..... wJavelin F
16:30..... m5000..... F
16:51..... m800..... F
17:00..... w100 Hurdles F
17:09..... w1500..... F
17:20..... m400 Hurdles F
17:29..... w400 Hurdles F

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