

**2024 TFCUSA Indoor National Championship @Crossplex  
2331 Bessemer Road Birmingham, AL February 11, 2024**

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|                | <b>8:00 AM start and then<br/>ROLLING SCHEDULE</b>  |
| <b>Time</b>    | All heats are Finals  |
| <b>8:00 AM</b> | 60 Meter Hurdles 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B   |
| <b>Rolling</b> | 60m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B; 4-6G/B<br>60m 1-3G/B- Diaper Dandy Special Event |
| <b>Rolling</b> | 4x200 Relay 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B   |
| <b>Rolling</b> | 800m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B  |
| <b>Rolling</b> | 200m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B, 4-6G/B  |
| <b>Rolling</b> | 1500m Race Walk 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B                                       |
| <b>Rolling</b> | 400m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B  |
| <b>Rolling</b> | 1500m 19-99W/M, 17-18G/B, 15-16G/B, 13-14G/B, 11/12G/B, 9-10G/B, 7-8G/B   |

**8:00 AM start and then ROLLING SCHEDULE FOR SOME FIELD EVENTS  
Only 3 throws AND 3 jumps are allowed AND this is final-no exceptions!**

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| 9:00AM Long Jump Pit 1: 4-6G / Females   |
| Long Jump Pit 1: 7-8G, 9-10G, 11-12G, 13-14G, 15-16G, 17-18G, 19-99W /Females  |
| 9:00AM Long Jump Pit 2: 4-6B / Males   |
| Long Jump Pit 2: 7-8B, 9-10B, 11-12B, 13-14B, 15-16B, 17-18B, 19-99M / Males   |
| **The TJ event will start after the Long Jump contest is COMPLETE! Triple Jump Pit<br>1: 13-14G, 15-16G, 17-18G, 19-99W – Females              |
| <b>Triple Jump Pit 2:</b> 13-14B, 15-16B, 17-18B, 19-99M – <b>Males</b>  |
| **The HJ event will start after the 60-meter dash races are COMPLETED! High Jump:<br>9-10G/B, 11-12G/B, 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M |
| 8:00AM Shot Put: 4-6; 7-8; 9-10; 11-12; 13-14; 15-16; 17-18; 19-99 (Females then Males)  |
| Rolling Weight Throw: 13-14G/B, 15-16G/B, 17-18G/B, 19-99W/M   |
| 10:00AM Pole Vault: 13-14G, 15-16G, 17-18G, 19-99W – Females   |
| <b>12:00PM Pole Vault:</b> 13-14B, 15-16B, 17-18B, 19-99M – <b>Males</b>   |