

ShopRite® Nutmeg State Games T&F Meet Schedule

July 13th, 2024, Veteran's Stadium, New Britain, CT
Event Times will NOT start earlier than scheduled.

- **8:30 am - Hammer**
 - **Weigh in *at field after bib pick up***
 - Women Youngest to Oldest: 15-16 → 80+ followed by
 - Men Oldest to Youngest: 80+ → 15-16

- **8:30 am - High Jump Men**
 - Youngest to Oldest: 8&U → 80+
 - 3 Jumps per attempted height
- **8:30 am - Pole Vault Men & Women**
 - Men will begin at 8:30 am followed by the Women
 - (Men) All Ages then (Women) All Ages
 - No limit in Jumps unless the athlete fails three jumps in a row.

- **9:00 am - Long Jump & Triple Jump Men's & Women's**
 - Triple jump will begin after the completion of the Long jump
 - Pit 1 (Women) - Youngest to Oldest: 8U → 80+
 - Pit 2 (Men) - Youngest to Oldest: 8U → 80+
- **10:30 am - Javelin @ Turbo Jav Women**
 - Youngest to Oldest: 6&U → 80+
- **10:30 am - Shot Put Men**
 - Oldest to Youngest: 80+ → 8U
- **10:30 am - Discus - Women**
 - Oldest to Youngest: 80+ → 8U

- **10:30 am - TRACK EVENTS BEGIN:**
 - One Mile Race Walk
 - 4 x 100 Meters Relay (exhibition)
 - 100 Meters
 - One Mile Run
 - 400 Meters
 - 800 Meters
 - 2000 Meter Steeple Chase
 - 200 Meters
 - Two Mile Run
 - 4X400 Relay (exhibition)
- **11:00 am - High Jump Women**
 - 3 Jumps per attempted height
 - Youngest to Oldest: 8&U → 80+
- **12:30 pm - Javelin @ Turbo Jav Men**
 - Youngest to Oldest: 6&U → 80+
- **12:30 pm - Shot Put Women**
 - Oldest to Youngest: 80+ → 8U
- **12:30 pm - Discus - Men**
 - Oldest to Youngest: 80+ → 8U

