May 14, 2024 and May 18, 2024

*Could be run as finals only; athletes will check in. If 24 or fewer check in, we will compete as finals on Saturday; if more than 24 check in, we will run two heats where the top 8 in each heat (regardless of time) will qualify for Saturday's finals.
a) The $1^{\text {st }}$ heat of girls $4 \times 100$ Relay may begin no earlier than 20 minutes after the start of the first heat of the girls $4 \times 200$ Relay.
b) The $1^{\text {st }}$ heat of boys $4 \times 100$ Relay may begin no earlier than 20 minutes after the start of the first heat of the girls $4 \times 200$ Relay.
c) The $1^{\text {st }}$ heat of girls $4 \times 400$ Relay may begin no earlier than 20 minutes after the start of the first heat of the girls 200 m dash.
b) The $1^{\text {st }}$ heat of boys $4 \times 400$ Relay may begin no earlier than 20 minutes after the start of the first heat of the girls 200 m dash.

