

2024 USATF Masters Outdoor Championships - 7/18-21 Sacramento, CA

THURSDAY TRACK		
7:00 AM	W65-74 5000 m	Finals
7:00 AM	M75-94 5000 m	Finals
8:30 AM	M65-74 5000 m	Finals
9:00 AM	W50-64 5000 m	Finals
9:30 AM	M60 5000 m	Finals
10:00 AM	M50-59 5000 m	Finals
10:30 AM	W25-49 5000 m	Finals
11:00 AM	M25-49 5000 m	Finals
11:30 AM	M75 400 m	Prelims
11:38 AM	M70 400 m	Prelims
11:45 AM	M65 400 m	Prelims
11:53 AM	M60 400 m	Prelims
12:05 PM	M55 400 m	Prelims
12:15 PM	M50 400 m	Prelims
12:30 PM	M45 400 m	Prelims
12:40 PM	M40 400 m	Prelims
12:55 PM	W65 100 m	Prelims
1:00 PM	W60 100 m	Prelims
1:05 PM	W55 100 m	Prelims
1:10 PM	M75 100 m	Prelims
1:22 PM	M70 100 m	Prelims
1:30 PM	M65 100 m	Prelims
1:40 PM	M60 100 m	Prelims
1:55 PM	M55 100 m	Prelims
2:05 PM	M50 100 m	Prelims
2:15 PM	M45 100 m	Prelims
2:23 PM	M40 100 m	Prelims
2:30 PM	M30 100 m	Prelims
2:38 PM	M25-29 100 m	Prelims
3:00 PM	4x800m Relays	Finals

THURSDAY PENTATHLON		
8:00 AM	W30+	Finals
8:00 AM	M80+	Finals
8:15 AM	M70-79	Finals
9:45 AM	M65	Finals
11:00 AM	M60	Finals
12:15 PM	M50-50	Finals
1:30 PM	M25-49	Finals

THURSDAY FIELD		
8:00 AM	W50-59 Discus	Finals
8:00 AM	M25-59 Hammer	Finals
8:30 AM	M65 Shot Put	Finals
9:45 AM	M60 Hammer	Finals
11:15 AM	W65-74 Weight Throw	Finals
12:45 PM	W60 Weight Throw	Finals
1:00 PM	M70-79 Shot Put	Finals
2:00 PM	W25-49 Discus	Finals
3:00 PM	M80-99 Shot Put	Finals
3:45 PM	W75-94 Javelin	Finals

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FRIDAY TRACK		
7:30 AM	M65-89 5000 m Race Walk	Finals
8:20 AM	W35-79 5000 m Race Walk	Finals
9:10 AM	M30-64 5000 m Race Walk	Finals
10:00 AM	W80-94 100 m	Finals
10:04 AM	W75 100 m	Finals
10:07 AM	W70 100 m	Finals
10:10 AM	W65 100 m	Finals
10:13 AM	W60 100 m	Finals
10:16 AM	W55 100 m	Finals
10:20 AM	W50 100 m	Finals
10:24 AM	W45 100 m	Finals
10:28 AM	W40 100 m	Finals
10:32 AM	W35 100 m	Finals
10:36 AM	W30 100 m	Finals
10:40 AM	W25-29 100 m	Finals
10:44 AM	M90-99 100 m	Finals
10:48 AM	M85 100 m	Finals
10:51 AM	M80 100 m	Finals
10:54 AM	M75 100 m	Finals
10:57 AM	M70 100 m	Finals
11:00 AM	M65 100 m	Finals
11:03 AM	M60 100 m	Finals
11:07 AM	M55 100 m	Finals
11:11 AM	M50 100 m	Finals
11:15 AM	M45 100 m	Finals
11:19 AM	M40 100 m	Finals
11:23 AM	M35 100 m	Finals
11:27 AM	M30 100 m	Finals
11:30 AM	M25-29 100 m	Finals
11:45 AM	M70 80m Hurdles 30"	Prelims
11:55 AM	M65 100m Hurdles 33"	Prelims
12:05 PM	M60 100m Hurdles 33"	Prelims
12:15 PM	M55 100m Hurdles 36"	Prelims
12:20 PM	M50 100m Hurdles 36"	Prelims
12:30 PM	W70-94 80m Hurdles 27"	Finals
12:35 PM	M80-89 80m Hurdles 27"	Finals
12:40 PM	W60-69 80m Hurdles 27"	Finals
12:50 PM	M75 80m Hurdles 30"	Finals
12:55 PM	M70 80m Hurdles 30"	Finals
1:00 PM	W50-59 80m Hurdles 30"	Finals
1:10 PM	W45 80m Hurdles 30"	Finals
1:15 PM	W40 80m Hurdles 30"	Finals
1:30 PM	M65 100m Hurdles 33"	Finals
1:35 PM	M60 100m Hurdles 33"	Finals
1:45 PM	W25-39 100m Hurdles 33"	Finals
1:55 PM	M55 100m Hurdles 36"	Finals
2:00 PM	M50 100m Hurdles 36"	Finals
2:10 PM	M45 110m Hurdles 39"	Finals
2:15 PM	M35-44 110m Hurdles 39"	Finals
2:20 PM	M25-34 110m Hurdles 39"	Finals
2:35 PM	W80-94 400 m	Finals
2:40 PM	W75 400 m	Finals
2:44 PM	W70 400 m	Finals
2:48 PM	W65 400 m	Finals

FRIDAY FIELD		
8:00 AM	M75 Long Jump	Finals
8:00 AM	M25-44 Javelin	Finals
8:00 AM	W60 Hammer	Finals
8:15 AM	W65-94 Triple Jump	Finals
8:30 AM	W25-59 Pole Vault	Finals
8:30 AM	M50-59 High Jump	Finals
8:30 AM	W50-59 Shot Put	Finals
9:30 AM	M70 Long Jump	Finals
9:30 AM	W65-74 Hammer	Finals
9:45 AM	M80-94 Triple Jump	Finals
9:45 AM	M45 Javelin	Finals
9:45 AM	M80-99 Discus	Finals
10:00 AM	W40-49 Shot Put	Finals
10:30 AM	M25-49 High Jump	Finals
11:00 AM	M65 Long Jump	Finals
11:15 AM	W25-49 Triple Jump	Finals
11:15 AM	M50-59 Javelin	Finals
11:15 AM	W75-94 Hammer	Finals
11:30 AM	W60-94 Pole Vault	Finals
11:30 AM	M80-89 Pole Vault	Finals
11:30 AM	M75 Discus	Finals
11:30 AM	W25-39 Shot Put	Finals
12:45 PM	M60 Long Jump	Finals
12:45 PM	W50-64 Triple Jump	Finals
12:45 PM	M35-59 Weight Throw	Finals
1:00 PM	M60 Javelin	Finals
1:00 PM	M70 Discus	Finals
2:30 PM	M65 Discus	Finals
2:30 PM	M60 Weight Throw	Finals

FRIDAY TRACK (Continued)		
2:52 PM	W60 400 m	Finals
2:56 PM	W55 400 m	Finals
3:00 PM	W50 400 m	Finals
3:04 PM	W45 400 m	Finals
3:08 PM	W40 400 m	Finals
3:12 PM	W35 400 m	Finals
3:16 PM	W30 400 m	Finals
3:20 PM	W25-29 400 m	Finals
3:24 PM	M90-99 400 m	Finals
3:28 PM	M85 400 m	Finals
3:32 PM	M80 400 m	Finals
3:36 PM	M75 400 m	Finals
3:40 PM	M70 400 m	Finals
3:44 PM	M65 400 m	Finals
3:48 PM	M60 400 m	Finals
3:52 PM	M55 400 m	Finals
3:56 PM	M50 400 m	Finals
4:00 PM	M45 400 m	Finals
4:04 PM	M40 400 m	Finals
4:08 PM	M35 400 m	Finals
4:12 PM	M30 400 m	Finals
4:16 PM	M25-29 400 m	Finals
4:35 PM	Shuttle Hurdle Relays	Finals

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SATURDAY TRACK		
7:00 AM	M75-94 10000 m	Finals
7:00 AM	W30-74 10000 m	Finals
8:30 AM	M60-74 10000 m	Finals
9:30 AM	M25-59 10000 m	Finals
10:30 AM	W60-94 2000 m Steeplechase	Finals
10:55 AM	M70-94 2000 m Steeplechase	Finals
11:15 AM	W25-59 2000 m Steeplechase	Finals
11:30 AM	M60-69 2000 m Steeplechase	Finals
11:55 AM	M25-59 3000 m Steeplechase	Finals
12:15 PM	W65 200 m	Prelims
12:20 PM	W60 200 m	Prelims
12:25 PM	W55 200 m	Prelims
12:30 PM	W45 200 m	Prelims
12:35 PM	M75 200 m	Prelims
12:43 PM	M70 200 m	Prelims
12:51 PM	M65 200 m	Prelims
1:03 PM	M60 200 m	Prelims
1:15 PM	M55 200 m	Prelims
1:30 PM	M50 200 m	Prelims
1:38 PM	M45 200 m	Prelims
1:46 PM	M40 200 m	Prelims
1:50 PM	M30 200 m	Prelims
1:58 PM	M25-29 200 m	Prelims
2:15 PM	W70-94 800 m	Finals
2:24 PM	W60-69 800 m	Finals
2:32 PM	W55 800 m	Finals
2:39 PM	W50 800 m	Finals
2:46 PM	W45 800 m	Finals
2:53 PM	W40 800 m	Finals
3:00 PM	W35 800 m	Finals
3:07 PM	W25-34 800 m	Finals
3:15 PM	M85-104 800 m	Finals
3:25 PM	M80 800 m	Finals
3:34 PM	M75 800 m	Finals
3:41 PM	M70 800 m	Finals
4:00 PM	M65 800 m	Finals
4:20 PM	M60 800 m	Finals
4:35 PM	M55 800 m	Finals
4:45 PM	M50 800 m	Finals
4:53 PM	M45 800 m	Finals
5:00 PM	M40 800 m	Finals
5:07 PM	M35 800 m	Finals
5:15 PM	M25-34 800 m	Finals
5:30 PM	4x100 m Relays	Finals

SATURDAY FIELD		
8:00 AM	W55-64 Long Jump	Finals
8:00 AM	M45-59 Triple Jump	Finals
8:00 AM	M75 High Jump	Finals
8:00 AM	W65-74 Javelin	Finals
8:00 AM	M60 Discus	Finals
8:00 AM	W75-94 Shot Put	Finals
8:00 AM	M70-79 Hammer	Finals
9:15 AM	M25-59 Pole Vault	Finals
9:30 AM	W65-94 Long Jump	Finals
9:30 AM	M25-44 Triple Jump	Finals
9:30 AM	W65-74 Shot Put	Finals
9:45 AM	M70 High Jump	Finals
9:45 AM	W60 Javelin	Finals
9:45 AM	M55 Discus	Finals
9:45 AM	M70-79 Weight Throw	Finals
11:00 AM	W60 Shot Put	Finals
11:15 AM	W25-44 Long Jump	Finals
11:15 AM	W45-54 Long Jump	Finals
11:15 AM	W50-59 Javelin	Finals
11:15 AM	M50 Discus	Finals
11:30 AM	M80-94 Hammer	Finals
11:45 AM	M60 High Jump	Finals
12:30 PM	M80-94 Long Jump	Finals
12:45 PM	W25-49 Javelin	Finals
12:45 PM	M80-94 Weight Throw	Finals
1:00 PM	M40-49 Discus	Finals
1:30 PM	M65 High Jump	Finals
2:15 PM	M65 Hammer	Finals
2:30 PM	M25-39 Discus	Finals
2:45 PM	M65 Weight Throw	Finals

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SUNDAY ROAD		
6:30 AM	W30-89 10K Race Walk	Finals
6:30 AM	M30-94 10K Race Walk	Finals

SUNDAY TRACK		
7:30 AM	W70-99 1500 m	Finals
7:45 AM	M80-94 1500 m	Finals
8:00 AM	M75 1500 m	Finals
8:10 AM	M70 1500 m	Finals
8:19 AM	W60-69 1500 m	Finals
8:30 AM	M65 1500 m	Finals
8:39 AM	M60 1500 m	Finals
8:48 AM	W50-59 1500 m	Finals
8:57 AM	M55 1500 m	Finals
9:06 AM	M50 1500 m	Finals
9:14 AM	W45 1500 m	Finals
9:22 AM	M45 1500 m	Finals
9:30 AM	W40 1500 m	Finals
9:38 AM	W25-39 1500 m	Finals
9:46 AM	M25-44 1500 m	Finals
10:00 AM	W70-89 200m Hurdles 27"	Finals
10:04 AM	M80-89 200m Hurdles 27"	Finals
10:08 AM	M75 300m Hurdles 27"	Finals
10:12 AM	M70 300m Hurdles 27"	Finals
10:20 AM	W60-69 300m Hurdles 27"	Finals
10:30 AM	M65 300m Hurdles 30"	Finals
10:38 AM	M60 300m Hurdles 30"	Finals
10:42 AM	W50-59 300m Hurdles 30"	Finals
10:50 AM	W40-49 400m Hurdles 30"	Finals
10:54 AM	W25-39 400m Hurdles 30"	Finals
11:05 AM	M55 400m Hurdles 33"	Finals
11:09 AM	M50 400m Hurdles 33"	Finals
11:20 AM	M45 400m Hurdles 36"	Finals
11:24 AM	M35-44 400m Hurdles 36"	Finals
11:28 AM	M25-34 400m Hurdles 36"	Finals
11:45 AM	W80-94 200 m	Finals
11:49 AM	W75 200 m	Finals
11:52 AM	W70 200 m	Finals
11:56 AM	W65 200 m	Finals
11:59 AM	W60 200 m	Finals
12:03 PM	W55 200 m	Finals
12:06 PM	W50 200 m	Finals
12:10 PM	W45 200 m	Finals
12:13 PM	W40 200 m	Finals
12:17 PM	W35 200 m	Finals
12:20 PM	W30 200 m	Finals
12:24 PM	W25-29 200 m	Finals

SUNDAY FIELD		
8:00 AM	M25-39 Long Jump	Finals
8:00 AM	W65-74 Discus	Finals
8:00 AM	M50 Shot Put	Finals
8:00 AM	W75-94 Weight Throw	Finals
8:15 AM	M60-69 Pole Vault	Finals
8:15 AM	M80-99 Javelin	Finals
8:30 AM	M70-79 Triple Jump	Finals
8:30 AM	W25-54 High Jump	Finals
9:15 AM	M55 Shot Put	Finals
9:15 AM	W50-59 Hammer	Finals
9:45 AM	M75 Javelin	Finals
10:00 AM	M40-49 Long Jump	Finals
10:00 AM	W60 Discus	Finals
10:30 AM	W55-74 High Jump	Finals
10:30 AM	M25-49 Shot Put	Finals
10:30 AM	W50-59 Weight Throw	Finals
10:45 AM	M70 Pole Vault	Finals
11:15 AM	M70 Javelin	Finals
11:15 AM	W75-94 Discus	Finals
11:30 AM	M60-69 Triple Jump	Finals
11:45 AM	M50-59 Long Jump	Finals
12:00 PM	M60 Shot Put	Finals
12:00 PM	W25-49 Hammer	Finals
12:30 PM	M65 Javelin	Finals
12:45 PM	M80-94 High Jump	Finals
12:45 PM	W75-94 High Jump	Finals
12:45 PM	M75 Pole Vault	Finals
1:30 PM	W25-49 Weight Throw	Finals

SUNDAY TRACK (Continued)		
12:27 PM	M90-99 200 m	Finals
12:31 PM	M85 200 m	Finals
12:35 PM	M80 200 m	Finals
12:38 PM	M75 200 m	Finals
12:41 PM	M70 200 m	Finals
12:45 PM	M65 200 m	Finals
12:48 PM	M60 200 m	Finals
12:52 PM	M55 200 m	Finals
12:55 PM	M50 200 m	Finals
12:58 PM	M45 200 m	Finals
1:02 PM	M40 200 m	Finals
1:05 PM	M35 200 m	Finals
1:09 PM	M30 200 m	Finals
1:12 PM	M25-29 200 m	Finals
1:30 PM	4x400 m Relays	Finals