

**USATF MASTERS NATIONAL OUTDOOR CHAMPIONSHIPS
SACRAMENTO, CA JULY 18-21, 2024**

Thursday, July 18, 2024

Combined Events

Pentathlon	W25-100+	final
Pentathlon	M25-100+	final

Track Events

5000m	W25-100+	Final
5000m	M25-100+	Final
400m	W25-100+	Prelim
400m	M25-100+	Prelim
100m	W25-100+	Prelim
100m	M25-100+	Prelim
4x800 Relay	W25-100+	final
4x800 Relay	M25-100+	final

Field Events

Discus	W25-59	final
Shot Put	M65-100+	final
Javelin	W75-100+	final
Hammer	M25-64	final
Weight Throw	W60-74	final

Friday, July 19, 2024

Track Events

5000m Race Walk	W25-100+	final
5000m Race Walk	M25-100+	final
100m	W25-100+	final
100m	M25-100+	final
Short Hurdles	W25-100+	Prelim
Short Hurdles	M25-100+	Prelim
Short Hurdles	W25-100+	final
Short Hurdles	M25-100+	final
400m	W25-100+	final
400m	M25-100+	final
Shuttle Hurdles	W25-100+	final
Shuttle Hurdles	M25-100+	final

Field Events

Discus	M65-100+	final
Shot Put	W25-59	final
Javelin	M25-64	final
Hammer	W60-100+	final
Weight Throw	M25-64	final
High Jump	M25-59	final
Pole Vault	W25-100+	final
Pole Vault	M80-100+	final
Triple Jump	W25-100+	final
Triple Jump	M80-100+	final
Long Jump	M60-79	final

Saturday, July 20, 2024

Track Events

10,000m	W25-100+	final
10,000m	M25-100+	final
Steeplechase	W25-100+	final
Steeplechase	M25-100+	final
200m	W25-100+	Prelim
200m	M25-100+	Prelim
800m	W25-100+	final
800m	M25-100+	final
4x100	W25-100+	final
4x100	M25-100+	final

Field Events

Discus	M25-64	final
Shot Put	W60-100+	final
Javelin	W25-74	final
Hammer	M65-100+	final
Weight Throw	M65-100+	final
High Jump	M60-79	final
Pole Vault	M25-59	final
Triple Jump	M25-59	final
Long Jump	W25-100+	final
Long Jump	M80-100+	final

Sunday, July 21, 2024

Road Events

10K Race Walk	W25-100+	final
10K Race Walk	M25-100+	final

Track Events

Long Hurdles	W25-100+	final
Long Hurdles	M25-100+	final
200m	W25-100+	final
200m	M25-100+	final
1500m	W25-100+	final
1500m	M25-100+	final
4x400m Relay	W25-100+	final
4x400m Relay	M25-100+	final

Field Events

Discus	W60-100+	final
Shot Put	M25-64	final
Javelin	M65-100+	final
Hammer	W25-59	final
Weight Throw	W25-59	final
Weight Throw	W75-100+	final
High Jump	W25-100+	final
High Jump	M80-100+	final
Pole Vault	M60-79	final
Triple Jump	M60-79	final
Long Jump	M25-59	final