

**U.S. COAST GUARD****2023 SCHEDULE OF FIELD EVENTS****JUMPING EVENTS**

Alexander Durley Stadium, Texas Southern University

**FRIDAY, MARCH 17**

Time	Event	Division
9:30 AM	Long Jump	UC/O Women
	Long Jump	UC/O Men
9:30 AM	Pole Vault	UC/O Women
11:30 AM	Pole Vault	UC/O Men
1:30 PM	High Jump	UC/O Men
	Long Jump	High School Girls
	Long Jump	High School Boys
3:30 PM	High Jump	UC/O Women

**SATURDAY, MARCH 18**

Time	Event	Division
9:00 AM	Triple Jump	High School Girls
	Triple Jump	High School Boys
9:30 AM	Pole Vault	High School Girls
11:00 AM	High Jump	High School Boys
11:30 AM	Pole Vault	High School Boys
1:00 PM	Triple Jump	UC/O Women
	Triple Jump	UC/O Men
2:00 PM	High Jump	High School Girls

**THROWING EVENTS**

Alexander Durley Stadium Auxiliary Field, Texas Southern University

**FRIDAY, MARCH 17**

Time	Event	Division
9:00 AM	Javelin	UC/O Men
9:00 AM	Shot Put	UC/O Women
11:30 AM	Javelin	OU/O Women
	Shot Put	UC/O Men
1:30 PM	Discus	UC/O Women
3:30 PM	Discus	UC/O Men

**SATURDAY, MARCH 18**

Time	Event	Division
9:00 AM	Hammer	UC/O Women
9:00 AM	*Shot Put	High School Girls
11:30 AM	Hammer	UC/O Men
	*Shot Put	High School Boys
1:30 PM	*Discus	High School Girls
3:30 AM	*Discus	High School Boys

\* Limit of two (2) high school athletes per field event

\* Limit to four (4) throws per athlete



## 2023 SCHEDULE OF RUNNING EVENTS

FRIDAY, MARCH 17

Time	Event	Division		
8:30 AM	5,000 Meters	UC/O	Women	Final
	5,000 Meters	UC/O	Men	Final
10:10 AM	100 Meter Hurdles (8 advance)	UC	Women	Prelim
	110 Meter Hurdles (8 advance)	UC	Men	Prelim
10:40 AM	400 Meters	UC	Women	Prelim
	400 Meters	UC	Men	Prelim
11:10 AM	100 Meters (8 advance)	UC	Women	Prelim
	100 Meters (8 avances)	UC	Men	Prelim
11:40 AM	400 Meter Hurdles (heats against time)	UC	Women	Final
	400 Meter Hurdles (heats against time)	UC	Men	Final
1:30 PM	1,600 Meters (16 advance)	HS	Girls	Prelim
	1,600 Meters (16 advance)	HS	Boys	Prelim
2:40 PM	*400 Meters	HS	Girls	Prelim
	*400 Meters	HS	Boys	Prelim
3:20 PM	100 Meters (8 advance)	HS	Girls	Prelim
	100 Meters (8 advance)	HS	Boys	Prelim
4:20 PM	300 Meter Hurdles (heats against time)	HS	Girls	Final
	300 Meter Hurdles (heats against time)	HS	Boys	Final
	*4x200 Meter Relay (16 advance)	HS	Girls	Prelim
	*4x200 Meter Relay (16 advance)	HS	Boys	Prelim
	Sprint Medley Relay	HS	Girls	Final
	Sprint Medley Relay	HS	Boys	Final
	*4x400-Meter Relay (16 advance)	HS	Girls	Prelim
	*4x400-Meter Relay (16 advance)	HS	Boys	Prelim

\* No Blocks Prelim - 400/4x200/4x400

UC-University/College

O-Open

HS-High School

MS-Middle School



## 2023 SCHEDULE OF RUNNING EVENTS

### SATURDAY, MARCH 18

Time	Event	Division		
8:00 AM	Distance Medley Relay	HS	Girls	Final
	Distance Medley Relay	HS	Boys	Final
8:50 AM	3,200 Meters	HS	Girls	Final
	3,200 Meters	HS	Boys	Final
9:45 AM	100 Meter Hurdles (8 advance)	HS	Girls	Prelim
	110 Meter Hurdles (8 advance)	HS	Boys	Prelim
10:20 AM	4x100-Meter Relay (16 advance)	HS	Girls	Prelim
	4x100-Meter Relay (16 advance)	HS	Boys	Prelim
11:05 AM	200 Meters (heats against time)	HS	Girls	Final
	200 Meters (heats against time)	HS	Boys	Final
	200 Meters (heats against time)	O	Women	Final
	200 Meters (heats against time)	UC	Women	Final
	200 Meters (heats against time)	O	Men	Final
	200 Meters (heats against time)	UC	Men	Final
12:35 PM	800 Meters (heats against time)	UC/O	Women	Final
	800 Meters (heats against time)	HS	Girls	Final
	800 Meters (heats against time)	UC/O	Men	Final
	800 Meters (heats against time)	HS	Boys	Final
1:35 PM	4x200-Meter Relay	MS	Girls	Final
	4x200-Meter Relay	MS	Boys	Final
	4x200-Meter Relay	UC	Women	Final
	4x200-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x200-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x200-Meter Relay	UC	Men	Final
	4x200-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x200-Meter Relays (Teams 1-8)	HS	Boys	Final

3:00 PM **OPENING CEREMONIES**



## 2023 SCHEDULE OF RUNNING EVENTS

SATURDAY, MARCH 18

Time	Event	Division		
3:30 PM	4x100-Meter Relay	MS	Girls	Final
	4x100-Meter Relay	MS	Boys	Final
	4x100-Meter Relay (heats against time)	UC	Women	Final
	4x100-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x100-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x100-Meter Relay (heats against time)	UC	Men	Final
	4x100-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x100-Meter Relay (Teams 1-8)	HS	Boys	Final
4:10 PM	400 Meters Invitational	Open	Women	Final
	400 Meters	UC	Women	Final
	400 Meters	HS	Girls	Final
	400 Meters Invitational	Open	Men	Final
	400 Meters	UC	Men	Final
	400 Meters	HS	Boys	Final
4:30 PM	100 Meter Hurdles Invitational	Open	Women	Final
	100 Meter Hurdles	UC	Women	Final
	100 Meter Hurdles	HS	Girls	Final
	110 Meter Hurdles Invitational	Open	Men	Final
	110 Meter Hurdles	UC	Men	Final
	110 Meter Hurdles	HS	Boys	Final
4:55 PM	100 Meters Invitational	Open	Women	Final
	100 Meters	UC	Women	Final
	100 Meters	HS	Girls	Final
	100 Meters Invitational	Open	Men	Final
	100 Meters	UC	Men	Final
	100 Meters	HS	Boys	Final
5:30 PM	1,500 Meters (heats against time)	UC/O	Women	Final
	1,500 Meters (heats against time)	UC/O	Men	Final
	1,600 Meters	HS	Girls	Final
	1,600 Meters	HS	Boys	Final
6:00 PM	4x400-Mixed Meter Relay	Open	Women & Men	Final
	4x400-Meter Relay (heats against time)	UC	Women	Final
	4x400-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x400-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x400-Meter Relay (heats against time)	UC	Men	Final
	4x400-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x400-Meter Relay (Teams 1-8)	HS	Boys	Final

UC-University/College

O-Open

HS-High School

MS-Middle School