

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**

UC-University/College

O-Open

HS-High School

MS-Middle School



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 Invtl.	Open	Women	Final
	400 Meters	UC	Women	Final
	400 Meters	HS	Girls	Final
	400 Meters Invtl.	Open	Men	Final
	400 Meters	UC	Men	Final
	400 Meters	HS	Boys	Final
4:30 PM	100 Meter Hurdles Invtl.	Open	Women	Final
	100 Meter Hurdles	UC	Women	Final
	100 Meter Hurdles	HS	Girls	Final
	110 Meter Hurdles Invtl.	Open	Men	Final
	110 Meter Hurdles	UC	Men	Final
	110 Meter Hurdles	HS	Boys	Final
4:55 PM	100 Meters Inv.	Open	Women	Final
	100 Meters	UC	Women	Final
	100 Meters	HS	Girls	Final
	100 Meters Inv.	Open	Men	Final
	100 Meters	U/C	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 & Mer	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