



Saturday, April 22nd, 2023- FINAL SCHEDULE

FIELD EVENTS

10:00AM	Discus	(W)
	Long Jump	(W)
	Shot Put	(M)
11:00am	High Jump	(M)
	Pole Vault	(W)
*To follow:	High Jump	(W)
	Pole Vault	(M)
	Discus	(M)
	Long Jump	(M)
	Shot Put	(W)
*To follow:	Hammer	(M)
	Triple Jump	(W)
	Javelin	(W)
*To follow:	Hammer	(W)
	Triple Jump	(M)
	Javelin	(M)

RUNNING EVENTS

10:00 AM	5000m	(W)
10:25 AM	5000m	(M)
11:15 AM	3000m Steeple	(W)
11:30 AM	3000m Steeple	(M)
12:30 PM	4x100m	(W)
12:35 PM	4x100m	(M)
12:45 PM	1500m	(W)
1:25 PM	1500m	(M)
1:55 PM	100mHH	(W)
2:10 PM	110mHH	(M)
2:25 PM	400m	(W)
2:40 PM	400m	(M)
3:00 PM	100m	(W)
3:15 PM	100m	(M)
3:35 PM	800m	(W)
4:00 PM	800m	(M)
4:35 PM	400IH	(W)
4:50 PM	400IH	(M)
5:10 PM	200m	(W)
5:25 PM	200m	(M)
5:50 PM	4x800m	(W)
6:05 PM	4x800m	(M)
6:20 PM	4x400m	(W)
6:35 PM	4x400m	(M)

□ *We will have a rolling schedule in the field events and the next event in each area will start immediately upon completion of the previous event

□ We will not move more than 15 minutes ahead of schedule, but we will try to go ahead whenever possible.



☐ Coaches - Please indicate all scratches when you arrive at the clerk table by the barn. Please have your athletes check back 20 min prior to event to receive your hip numbers.

