

# WASHBURN

## ICHABOD TRACK AND FIELD

2023 RUST BUSTER

SATURDAY, JAN. 21

### Running Events

Time	Event	
12:30	60m Hurdles	Prelims Men
12:45	60m Hurdles	Prelims Women
1:00	60m Dash	Prelims Men
1:15	60m Dash	Prelims Women
1:30	Mile	Men
2:10	Mile	Women
2:45	60m Hurdles	Finals Men
2:55	60m Hurdles	Finals Women
3:00	60m Dash	Finals Men
3:05	60m Dash	Finals Women
3:10	600y	Men
3:15	600y	Women

### Field Events

Time	Event	
11:30	Weight Throw	Women (Men to follow)
	Pole Vault	Women
	Long Jump	Men and Women
2:30	Triple Jump	Men and women
	Pole Vault	Men
3:30	Shot Put	Women (men to follow)
4:00	High Jump	Men & Women

### 200m FINAL DECLARATIONS DUE AFTER 600y

3:30	400m	Men
3:55	400m	Women
4:10	800m	Men
4:30	800m	Women
4:45	200m	Men
5:00	200m	Women

### 4x400m FINAL DECLARATIONS DUE AFTER 200M

5:15	3000m	Men
6:10	3000m	Women
6:55	4x400m Relay	Men
7:20	4x400m Relay	Women

**Updated Schedule will be available after entries close. We will try to maintain the starting times and push the schedule back as needed based on number of heats / flights.**