



Track & Field Championships March 24, 2023

ORDER OF EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>CATEGORY</u>
9:30 AM	3000m	Women
9:45 AM	5000m	Men
10:10 AM	4x100m Relay	Women
10:20 AM	4x100m Relay	Men
10:25 AM	1500m	Women
10:35 AM	1500m	Men
10:55 AM	100m Hurdles	Women
11:15 AM	110m Hurdles	Men
11:35 AM	400m	Women
11:45 AM	400m	Men
12:00 PM	100m	Women
12:10 PM	100m	Men

LUNCH BREAK

1:20 PM	800m	Women
1:30 PM	800m	Men
2:00 PM	400m Hurdles	Women
2:20 PM	400m Hurdles	Men
2:40 PM	200m	Women
2:50 PM	200m	Men
3:05 PM	1600m Sprint Relay	Women
3:15 PM	1600m Sprint Relay	Men
3:30 PM	4x400m Relay	Women
3:40 PM	4x400m Relay	Men

FIELD EVENTS

9:30 AM	Shot Put	Women
9:40 AM	Long Jump	Men
9:45 AM	Discus	Men
9:45 AM	High Jump	Women
10:00 AM	Javelin	Women
11:00 AM	Long Jump	Women
12:00 PM	Shot Put	Men
12:15 PM	High Jump	Men
12:15 PM	Javelin	Men
12:30 PM	Discus	Women
1:00 PM	Triple Jump	Men
1:40 PM	Triple Jump	Women