

**2023 Dick Small Invite/NJCAA Region XII Championship
Event Schedule**

**February 9th and 10th, 2023
George M. Smart Center - Defiance, OH**



THURSDAY (Rolling Schedule):

5:45 PM - National Anthem

6:00 PM - Start of the meet (women followed by men)

5000m

600m

1000m

FRIDAY:

11:00 AM - 12:00 PM - Implement Weigh-In

11:45 AM - National Anthem

FIELD EVENTS

12:00 PM- Start Time Field Events

(W-M) Weight Throw

(W-M) Shot put (Following Weight Throw)

(M-W) Pole Vault

(M-W) Long Jump

(W-M) High Jump

RUNNING EVENTS (Women followed by Men unless otherwise stated in the meet schedule below. ALL FINALS, NO PRELIMS) Begins at 1:00 PM.

We will stick to the time schedule. We will not roll ahead.

1:00 PM: Women's 60m Hurdles

1:05 PM: Men's 60m Hurdles

1:10PM: Men's 3000m

1:30 PM: Women's Mile

1:45 PM: Men's Mile

2:00 PM: Women's 400m

2:15 PM: Men's 400m

2:30 PM: Women's 60m

2:35 PM: Men's 60m

3:00 PM: Women's 800m

3:10 PM: Men's 800m

3:20 PM: Women's 200m

3:30 PM: Men's 200m

3:45 PM: Women's 3000m

4:05 PM: Women's 4x 400m Relay

4:15 PM: Men's 4x 400m Relay