

Friday May 5, 2023

3 throws or Jumps will be given in the prelims, top 9 will get an additional 3 attempts

All running events except 100 Meters and 100/110MH are timed finals. Short sprints/hurdles will run as prelims and top 16 times to the finals.

2:30 pm - First Call Javelin/Running Events

Schedule Field Events

- 3:00 pm - Javelin (Men followed by Women)**
- 4:00 pm - High Jump (Men)**
Long Jump (Women)
Discus (Women/Men)
Pole Vault (Women)
- 5:30 pm - High Jump (Women)**
Long Jump (Men)
Shot Put (Women/Men)
Pole Vault (Men)
- 6:30 pm- Triple Jump (Women followed by Men)**

Schedule Running

- 3:00 pm- 110/100MH Prelims (Top 16 to final) (Men/Women)**
- 3:20 pm- 100M Prelims (Top 16 to final) (Men/Women)**
- 4:00 pm- 1500 (Men/Women)**
- 4:15pm - 4x100 (Men/Women)**
- 4:30 pm - 5000 RW (Men/Women)**
- 5:05 pm - 110/100MH (Final) (Men/Women)**
- 5:20 pm - 100 M (Men/Women)**
- 5:40 pm - 400 M (Final) (Men/Women)**
- 6:15 pm - 800 M (Men/Women)**
- 6:35 pm - 400MH (Men/Women)**
- 7:00 pm - 200 M (Men/Women)**
- 7:30 pm - 5000 M (Men/Women)**
- 8:05 pm - Senior Recognition**
- 8:20 pm- 4 x 800 M (Men)**
- 8:35 pm - 4 x 400 M (Men/Women)**