



Thursday, May 11, 2023

9:00 am Hept. 100m Hurdles
9:15 am Dec. 100m
9:45 am Hept. High Jump
10:00 am Dec. Long Jump
11:00 am Dec. Shot Put
M Discus (Final)
W Javelin (Final)
11:45 am Hept. Shot Put
12:00 pm Dec. High Jump
12:45 pm Hept. 200m
1:30 pm Dec. 400m
2:00 pm W Discus (Final)
M Javelin (Final)
M Pole Vault (Final)
5:00 pm W Pole Vault (Final)
5:30 pm M 1500m (Prelim)
5:50 pm W 1500m (Prelim)
6:10 pm M 400m Hurdles (Prelim)
6:25 pm W 400m Hurdles (Prelim)
6:40 pm M 200m (Prelim)
6:55 pm W 200m (Prelim)
7:15 pm M 10K (Final)
8:00 pm W 10K (Final)

Friday, May 12, 2023

9:00 am Dec. 110m High Hurdles
9:30 am Hept. Long Jump
9:45 am Dec. Discus
10:45 am Hept. Javelin
11:00 am Dec. Pole Vault
12:00 pm Hept. 800m
1:00 pm Dec. Javelin
2:15 pm Dec. 1500m
2:30 pm W Long Jump (Final)
3:00 pm M Hammer (Final)
5:00 pm M Hammer (Final)
W Hammer (Final)
M Long Jump (Final)
5:30 pm M 110m High Hurdles
(Prelim)
5:45 pm W 110m Hurdles (Prelim)
6:10 pm M 400m (Prelim)
6:25 pm W 400m (Prelim)
6:40 pm M 100m (Prelim)
6:55 pm W 100m (Prelim)
7:15 pm M 800m (Prelim)
7:30 pm W 800m (Prelim)
7:50 pm M 3K Steeple (Final)
8:10 pm W 3K Steeple (Final)

Saturday, May 13, 2023

11:00 am M Shot Put (Final)
M High Jump (Final)
W Triple Jump (Final)
12:30 pm M 4x100m Relay (Final)
12:40 pm W 4x100m Relay (Final)
12:50 pm M 1500m (Final)
1:00 pm W 1500m (Final)
1:15 pm M 110m High Hurdles
(Final)
1:25 pm W 100 Hurdles (Final)
1:35 pm M 400m (Final)
1:45 pm W 400m (Final)
1:55 pm M 100m (Final)
2:00 pm W 100m (Final)
W Shot Put (Final)
W High Jump (Final)
M Triple Jump (Final)
2:10 pm M 800m (Final)
2:15 pm W 800m (Final)
2:30 pm M 400m Hurdles (Final)
2:35 pm W 400m Hurdles (Final)
2:45 pm M 200m (Final)
2:50 pm W 200m (Final)
3:00 pm M 5K (Final)
3:45 pm W 5K (Final)
4:15 pm M 4x400m Relay (Final)
4:25 pm W 4x400m Relay (Final)
4:45 pm Awards/Trophy
Presentation

