



Day 1 Schedule: Wednesday April 5, 2023

Wednesday April 5 – Running Prelims, Field Event Finals

9:00am – 9:30am -- Implement Check In

9:30am – Coaches Meeting in the East Field House

10:30am – JVG/JVB 3200

10:30am – Field Events (Varsity, 3 attempts for prelims, top 8 to finals / JV - 4 attempts, no finals)

	Pole Vault	High Jump	Triple Jump	Long Jump	Shot Put	Discus
10:30am	VG Opening TBD	VG Opening TBD	VG	JVB	JVB	VG
12:00pm	VB Opening TBD	VB Opening TBD	VB	JVG	JVG	VB

5:00pm – Running Prelims (Top 8 to Finals) – Rolling Schedule

5:00pm	100M Hurdles (33")	□	JVG/VG
	110M Hurdles (39")	□	JVB/VB
	100M Dash	□	JVG/JVB/VG/VB
	400M Dash	■	JVG/JVB/VG/VB
	3200M Run (Final Only – Double Alley Start)		VG
	300M Hurdles (30" / 36")	□	JVG/VG/JVB/VB
	3200M Run		VB
	200M Dash	□	JVG/JVB/VG/VB



Day 2 Schedule: Thursday April 6, 2023

Thursday April 6 – Running Finals, Field Event Finals

9:00am – 9:30am -- Implement Check In

9:30am – Coaches Meeting in the East Field House



















10:30am – Field Events (Varsity, 3 attempts for prelims, top 8 to finals / JV - 4 attempts, no finals)

	Pole Vault	High Jump	Triple Jump	Long Jump	Shot Put	Discus
10:30am	JVG Opening TBD	JVG Opening TBD	JVB	VB	VB	JVG
12:00pm	JVB Opening TBD	JVB Opening TBD	JVG	VG	VG	JVB

4:00pm – Relay Declaration Cards Due

4:55 – National Anthem

5:00pm – Running Finals JV/V

5:00pm	400M (4X1) Relay		  	JVG/JVB/VG/VB
5:20pm	800M Dash (Final Only – Double Alley Start)			JVG/JVB/VG/VB
5:40pm	100M Hurdles (33")			JVG /VG
5:50pm	110M Hurdles (39")			JVB/ VB
6:00pm	100M Dash			JVG/JVB/VG/VB
6:25pm	800M (4x200) Relay		  	JVG/JVB/VG/VB
6:50pm	400M Dash			JVG/JVB/VG/VB
7:10pm	300M Hurdles (30" / 36")			JVG/VG/JVB/VB
7:30pm	200M Dash			JVG/JVB/VG/VB
7:50pm	1600M Run (Final Only – Double Alley Start)			JVG/JVB/VG/VB
8:20pm	1600M (4x4) Relay		  	JVG/JVB/VG/VB
8:30pm	Team Awards			