



# UPDATED

**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 – VG/VB 3200**

1600 Open G/B immediately following

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 <small>Opening 7'6"</small>	VG <small>Opening 4'4"</small>	VB	JVB	JVB	VG
12:00pm	VB <small>Opening 9'0"</small>	VB <small>Opening 5'6"</small>	VG	JVG	JVG	VB

4:30pm – Track Closes

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

5:00pm	100M Hurdles (33")	<input type="checkbox"/>	JVG/VG
	110M Hurdles (39")	<input type="checkbox"/>	JVB/VB
	100M Dash	<input type="checkbox"/>	JVG/JVB/VG/VB
	400M Dash	<input type="checkbox"/>	JVG/JVB/VG/VB
	<b>3200M Run (Final Only – Double Alley Start)</b>		<b>JVG</b>
	300M Hurdles (30" / 36")	<input type="checkbox"/>	JVG/VG/JVB/VB
	<b>3200M Run (Final Only – Double Alley Start)</b>		<b>JVB</b>
	200M Dash	<input type="checkbox"/>	JVG/JVB/VG/VB



# UPDATED

## 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 5'6"	JVG Opening 4'2"	JVB	VG	VB	JVG
12:00pm	JVB Opening 6'6"	JVB Opening 5'0"	JVG	VB	VG	JVB

4:00pm – Relay Declaration Cards Due

4:30pm – Track Closes

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					