

Tuesday, May 9, 2023

ORDER OF EVENTS

FIELD EVENTS

| | | |
|---------|-----------------------------|--|
| 4:30 PM | Boys Long Jump | West Pit - best 9 to Finals |
| | Girls Long Jump | East Pit - best 9 to Finals |
| | Girls Pole Vault | 5 alive, starting height 7', Move by 6" |
| | Boys High Jump | South Pit, 5 alive, starting height 5'4", Move by 2" |
| | Girls High Jump | North Pit, 5 alive, starting height 4'6", Move by 2" |
| | Girls Shot Put | 3 Throws - Best 9 to Finals |
| | Boys Discus | 3 Throws - Best 9 to Finals |
| | Girls Discus - after boys | 3 Throws - Best 9 to Finals |
| | Boys Shot Put - after girls | 3 Throws - Best 9 to Finals |

RUNNING EVENTS: will not start until the time between races has elapsed.

| | | |
|---------|-----------------------------|-----------------|
| 5:30 PM | FINAL: Girls 4 x 800m Relay | Top eight score |
| | FINAL: Boys 4 x 800m Relay | Top eight score |

PRELIMINARIES

| | | |
|------|----------------------|------------------------------------|
| 6:00 | Girls 100m Hurdles | 2 Heats – Top 1, plus 6 best times |
| 6:10 | Boys 110m Hurdles | 2 Heats – Top 1, plus 6 best times |
| 6:20 | Girls 100m Dash | 3 Heats – Top 1, plus 5 best times |
| 6:30 | Boys 100m Dash | 3 Heats – Top 1, plus 5 best times |
| 6:45 | Girls 4 x 200m Relay | 2 Heats – Top 8 times to Finals |
| 6:55 | Boys 4 x 200m Relay | 2 Heats – Top 8 times to Finals |

Note: 1st heat of Girls 4 x 100m Relay will start no earlier than 15 minutes after the beginning of the Girls 4 x 200m Relay. Boys will follow same guidelines.

| | | |
|------|----------------------|------------------------------------|
| 7:00 | Girls 4 x 100m Relay | 2 Heats – Top 8 times to Finals |
| 7:10 | Boys 4 x 100m Relay | 2 Heats – Top 8 times to Finals |
| 7:20 | Girls 400m Dash | 3 Heats – Top 8 times to Finals |
| 7:30 | Boys 400m Dash | 3 Heats – Top 8 times to Finals |
| 7:40 | Girls 300m Hurdles | 3 Heats – Top 8 times to Finals |
| 7:50 | Boys 300m Hurdles | 2 Heats – Top 8 times to Finals |
| 8:00 | Girls 200m Dash | 3 Heats – Top 1, plus 5 best times |
| 8:10 | Boys 200m Dash | 3 Heats – Top 1, plus 5 best times |

Note: 1st heat of the Girls 4 x 400m Relay will start no earlier than 20 minutes after the start of the Girls 200m preliminaries. The Boys will follow same guidelines.

| | | |
|------|----------------------|---------------------------------|
| 8:20 | Girls 4 x 400m Relay | 2 Heats - Top 8 times to Finals |
| 8:30 | Boys 4 x 400m Relay | 2 Heats - Top 8 times to Finals |

Friday May 12, 2023

ORDER OF EVENTS

FIELD EVENT

4:30 PM Boys Pole Vault, starting height 9', Move by 6"

Time listed by event indicates the time between the start of the previous event and start of that event. E.g. Boys 110m hurdles cannot start until five minutes after start of Girls 100m hurdles.

RUNNING FINALS

| | |
|----------------|---|
| 6:00 PM | Girls 100m Hurdles |
| 6:05 | Boys 110m Hurdles (:05) |
| 6:10 | Girls 100m Dash (:05) Boys 100m Dash |
| 6:25 | Girls 4 x 200m Relay (:15) Boys 4 x 200m Relay |
| 6:40 | Girls 1600m Run (:15) Boys 1600m Run |
| 6:55 | Girls 4 x 100m Relay (:15) Boys 4 x 100m Relay |
| 7:10 | Girls 400m Dash (:15) Boys 400m Dash |
| 7:20 | Girls 300m Hurdles (:10) Boys 300m Hurdles |
| 7:30 | Girls 800m Run (:10) Boys 800m Run |
| 7:40 | Girls 200m Dash (:10) Boys 200m Dash |
| 7:45 | Girls 3200m Run (:05) Boys 3200m Run |
| 8:15 | Girls 4 x 400m Relay (:30) Boys 4 x 400m Relay |