



Schedule of Events

Saturday, July 15, 2023

Running Events -1st event will be called at 8:00 am, 1st race begins @8:30am

Event

Age Division

1500m Racewalk (Final)	9-10 & 11-12
3000m Racewalk (Final)	13-14, 15-16 & 17-18
3000m or 5000m (Final)	Masters, Open, 11-12, 13-14, 15-16-, & 17-18
110-Meter Hurdles (Final)	Open M (42"), M 30-49, 17-18m. 15-16 (39")
100 Meter Hurdles (Final)	Open W, W 30-39, M50-69, 17-18W, 15-16g, 13-14b (33")
100 Meter Hurdles (Final)	13-14g (30")
80H Meter Hurdles (Final)	W40-49, M70-79, G11-12, B11-12 (30")
80H Meter Hurdles (Final)	W60+, M80+ (27")
100m Youth (semi-final)	All divisions starting with 6 and Under
400m (Final)	Masters, Open, 6 & under through 17-18
4x100 Meter Relay (Final)	All Divisions starting with 6 and Under
4X800 Meter Relay (Final)	11-12, 13-14, 15-16, 17-18

Field Events 1st call for first division competing is 7:30AM, master's/open PV to start at 10a.m)

Event

Age Division

High Jump (Final)	9-10, 11-12, 13-14
Javelin (Final)	13-14, 15-16, 17-18, Masters, Open
Long Jump (Final)	11-12, 13-14, 15-16, 17-18
Shot Put (Females-Final)	Masters, Open, 6U through 17-18
Discus (Males-Final)	Masters, Open, 11-12, 13-14, 15-16, 17-18
Pole Vault (Final)	13-14, 15-16, 17-18
Pole Vault-(Final)	Master's and Open

- Two long jump pits will be operating simultaneously for boys and girls.
- 2 Pole Vault one masters/open one youth divisions.
- 1 High Jump pit
- 2 Shot Put rings 1 for Masters and Open and the other for youth division.



Schedule of Events

Sunday, July 16, 2023

Running Events-1st call at 8:30, Running events start at 9:00am

1500M (Final)	Masters, Open, 7-8 through 17-18
400m Hurdles 36in (Final)	Open M, M 30-49, 17-18M, 15-16M
400m Hurdles 33 in (Final)	M 50-59
400m Hurdles 30in (Final)	Open W, W 30-49, 17-18yw, 15-16yw
200m Hurdles (Final)	13-14
100m (Finals)	Masters, Open, 6 & under through 17-18
800m (Final)	Masters, Open, 7-8 through 17-18
200m (Final)	Masters, Open, 6 & under through 17-18
4X400 Relay (Final)	All youth divisions starting with 6& under

Field Events: Begin at 9:00am, 1st call at 8:30

High Jump (Final)	Masters, Open, 15-16, 17-18
Discus (Females-Final)	Masters, Open, 11-12, 13-14, 15-16, 17-18
Shot Put (Males-Final)	Masters, Open, 6 & under through 17-18
Long Jump (Final)	6 & under, 7-8, 9-10, Master's and Open
Triple Jump (Final)	Masters, Open, 13-14, 15-16, 17-18
Mini Javelin (Final)	6 & under, 7-8, 9-10, 11-12
Hammer Throw (2pm at UCSD)	Masters, Open, 15-16G, 15-16B, 17-18W, 17-18M

Athletes of the meet will be recognized after the 100m finals.

- Two long jump pits will be operating simultaneously for boys and girls.
- 2 Pole Vault one masters/open one youth divisions.
- 1 High Jump pit
- 2 Shot Put rings 1 for Masters and Open and the other for youth division.