



2023 TRACK & FIELD FINALS SCHEDULE

FRIDAY, JULY 14

****HAMMER THROW**

Registration will begin at 3:30 pm

Warm Up at 4pm

Competition will begin at 4:30 pm

Women First followed by Men

SATURDAY, JULY 15

Running Events

9:00am 3K Walk (Mixed)

5,000 (MO)

3,000 (BS, GS, WO)

[May be combined]

10:15am 100 Finals (GS, BS, JG, JB)

Mile Finals on Time (JB, JG, BS, GS)

(May be combined)

400 Finals on Time (GS, BS, JG, JB)

110 High Hurdles on Time (BS, GS)

800 Finals on Time (GS, BS, JG, JB)

200 Finals on Time (GS, BS, JG, JB)

400 Hurdles on Time (GS, WO, BS, MO)

1:00pm Steeplechase

100 Finals (WM, WO, MM, MO)

Mile on Time (WM, WO, MM, MO)

(May be Combined)

400M Finals on Time (WM, WO, MM, MO)

110/100 HH Finals on Time (MO,WO)

800 Finals on Time (WM, WO, MM, MO)

200 Finals on Time (WM, WO, MM, MO)

Field Events

9:15am First Session

LJ (BS, BJ) **TJ** (GS, JG) ****SP** (BS)

HJ (GS) ****DS** (GS) ****Turbo** (JB, JG)

PV (GS, WO)

Second Session

LJ (GS, JG) **TJ** (JB, BS) ****SP** (GS)

HJ (BS) ****DS** (BS) ****JV** (BS,GS)

1:00pm First Session

LJ (MO, MM) **TJ** (WO) ****SP** (MO, MM)

HJ (WO) ****DS** (WO, WM) **PV** (BS, MO) ****JV** (MO)

Second Session

LJ (WO, WM) **TJ** (MO) ****SP** (WO, WM)

HJ (MO) ****DS** (MO, MM) ****JV** (WO)

*All events to follow upon completion of prior event

** In all throwing events, competitors will be allowed four attempts. No finals.

Key

JG - Junior Girls ; JB - Junior Boys ; GS - Girl's Scholastic ; BS - Boy's Scholastic

WO - Women's Open ; MO - Men's Open ; WM - Women's Masters ; MM - Men's Master

DS - Discus ; JV - Javelin ; SP - Shot Put

HJ – High Jump ; LJ - Long Jump ; PV - Pole Vault ; TJ - Triple Jump