



Meet Schedule – Preliminary Draft

February 18, 2023 – **FINAL 02/16/2023**

FIELD EVENTS – All Field Events are 1 Flight

11:30 AM	Weight Throw	Women followed by Men
11:30 AM	Long Jump	Women
11:30 AM	Pole Vault	Women
12:00 PM	High Jump	Men
12:30 PM	Long Jump	Men
1:00 PM	High Jump	Women
1:00 PM	Pole Vault	Men
1:15 PM	Triple Jump	Women No M-TJ
1:15 PM	Shot Put	Women followed by Men

RUNNING EVENTS

11:15 AM	60 M Hurdles – FINAL	Men (1 Heat)
11:25 AM	60 M Hurdles – FINAL	Women (2 Heats)
11:35 AM	60 M Dash – Prelim	Men (3 Heats)
11:45 AM	60 M Dash – Prelim	Women (3 Heats)
12:00 PM	Distance Medley Relay	Men (Heat #1)
12:15 PM	Distance Medley Relay	Men (Heat #2)
12:30 PM	Distance Medley Relay	Women (1 Heat)
12:45 PM	400 M Dash	Women (3 Heats)
1:00 PM	400 M Dash	Men (4 Heats)
1:20 PM	60 M Dash – FINAL	Women (2 Heats)
1:25 PM	60 M Dash – FINAL	Men (2 Heats)
1:35 PM	Mile Run	Women (2 Heats)
1:50 PM	Mile Run	Men (2 Heats)
2:05 PM	800 M Run	Women (3 Heats)
2:20 PM	800 M Run	Men (3 Heats – Seeded at Check-in)
2:35 PM	200 M Dash	Women (3 Heats)
2:45 PM	200 M Dash	Men (3 Heats)
2:55 PM	3000 M Run	Women (1 Heat)
3:10 PM	3000 M Run	Men (1 Heat)
3:25 PM	4x400 M Relay	Women (1 Heat)
3:30 PM	4x400 M Relay	Men (1 Heat)