

1:50 PM

1:55 PM

2:00 PM

2:10 PM

2:20 PM

2:45 PM

3:10 PM

3:30 PM

3:55 PM

4:10 PM

4:25 PM

4:40 PM

4:55 PM

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Jan. 14, 2023

FINAL SCHEDULE

FIELD EVENTS Time 8:00 AM	Gender	Event Doors Open	Section
9:00 AM – 1:00 PM	M&W	Weight-In	
10:00 AM	W	Pole Vault	Final
10:00 AM	W	Long Jump	Final
10:00 AM	M	Long Jump	Final
11:00 AM	W	Shot Put	Final
11:00 AM	M	Weight Throw	Final
2:00 PM	M	Pole Vault	Final
2:00 PM	M	Triple Jump	Final
2:30 PM	W	Weight Throw	Final
2:30 PM	M	Shot Put	Final
4:00 PM	W	Triple Jump	Final
4:00 PM	W	High Jump	Final
4:00 PM	M	High Jump	Final
RUNNING EVENTS			
Time	Gender	Event	Section
10:15 AM	M	3K	Final (Sec 3/4 = 9:05.01 & Slower)
10:45 AM	W	3K	Heat (Sec 3 = 12:00 & Slower)
11:00 AM	M	60M	Trials
11:15 AM	W	60M	Trials
11:20 AM	M	60MH	Trials
11:30 AM	W	60MH	Trials
11:50 AM	M	Mile	Final
12:30 PM	W	Mile	Final
1:10 PM	M	400M	Final
1:30 PM	W	400M	Final

60M

60M

60MH

60MH

800M

800M

200M

200M

3K 3K 3K

3K

DMR

DMR

4 x 400

4 x 400

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Final

Final

Final

Final

Final

Final (Sec 1 = 8:49.99 & Faster) Final (Sec 2 = 8:50.00 – 9:05.00)

Final (Sec 1 = 10:47.00 & Faster)

Final (Sec 2 = 11:00.00 - 11:55.00)