





March 24-25, 2023

FINAL SCHEDULE

| FIELD EVENTS FRIDAY, MARCH 24 | | | | | | |
|--|--------------------------------------|--|---|--|--|--|
| Time | Gender | Event | Section | | | |
| 10:00 AM | | Doors Open | | | | |
| 12:00 PM | W | Hammer ['] | | | | |
| 12:00 PM | M | Javelin | | | | |
| 12:00 PM | W | Pole Vault | Open Finals (3.79 & below) | | | |
| 3:30 PM | W | Javelin | | | | |
| 3:30 PM | M | Hammer | | | | |
| 3:30 PM | M | Pole Vault | Open Finals (4.74 & below) | | | |
| 3:30 PM | W | Long Jump | Invite Finals (5.81 & higher) | | | |
| 3:30 PM | M | Long Jump | Invite Finals | | | |
| 5:30 PM | W | Long Jump | Open Finals (5.80 & below) | | | |
| 5:30 PM | M | Long Jump | Open Finals | | | |
| SATURDAY, MARCH 25 | | | | | | |
| SATURDAT MARCH /: |) | | | | | |
| Time | Gender | Event | | | | |
| | | | | | | |
| Time | | Event Doors Open Discus | | | | |
| Time 8:00 AM | Gender | Doors Open | | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM | Gender M W W | Doors Open Discus Triple Jump High Jump | Open Finals (1.51 & below) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM | Gender M W W W | Doors Open Discus Triple Jump High Jump Shot Put | , | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM | Gender M W W W W | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault | Invite Finals (3.80 & higher) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM | Gender M W W W W M | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump | , | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM | Gender M W W W M M M | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump Triple Jump | Invite Finals (3.80 & higher) Open Finals (1.94 & below) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM | Gender M W W W M M M M | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump Triple Jump Pole Vault | Invite Finals (3.80 & higher) Open Finals (1.94 & below) Invite Finals (4.75 & above) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 2:00 PM 2:00 PM | Gender M W W W M M M M M M | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump Triple Jump Pole Vault High Jump | Invite Finals (3.80 & higher) Open Finals (1.94 & below) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 2:00 PM 2:00 PM 2:30 PM | Gender M W W W M M M M M M M W W | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump Triple Jump Pole Vault High Jump | Invite Finals (3.80 & higher) Open Finals (1.94 & below) Invite Finals (4.75 & above) | | | |
| Time 8:00 AM 10:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 2:00 PM 2:00 PM | Gender M W W W M M M M M M | Doors Open Discus Triple Jump High Jump Shot Put Pole Vault High Jump Triple Jump Pole Vault High Jump | Invite Finals (3.80 & higher) Open Finals (1.94 & below) Invite Finals (4.75 & above) | | | |







March 24-25, 2023

FINAL SCHEDULE

FINAL TRACK EVENTS

| FRIDAY, MARCH 24 | | | |
|------------------|--------|--------------------|------------------------------|
| Time | Gender | Event | Sections |
| 4:00 PM | W | 400m | Open Finals (58.61 & slower) |
| 4:15 PM | M | 400m | Open Finals (49.01 & slower) |
| 4:40 PM | W | 100m | Open Finals (12.25 & slower) |
| 4:55 PM | M | 100m | Open Finals (10.86 & slower) |
| 5:05 PM | W | 4x800m | • |
| 5:15 PM | M | 4x800m | |
| 5:25 PM | W | 4x300m | |
| 5:30 PM | M | 4x300m | |
| 5:40 PM | W | 3000m Steeplechase | |
| 5:55 PM | M | 3000m Steeplechase | |
| 6:10 PM | W | 5000m | |
| 6:50 PM | M | 5000m | |
| | | | |

| SATURDAY, MARCH 25 | | | |
|--------------------|--------|--------------|----------------------------------|
| Time | Gender | Event | Sections |
| 10:00 AM | W | 1500m | Open Finals (4:42.01 & slower) |
| 10:30 AM | M | 1500m | Open Finals (3:56.01 & slower) |
| 11:05 AM | W | 4x100m | · |
| 11:15 AM | M | 4x100m | |
| 11:30 AM | W | 100m Hurdles | |
| 11:40 AM | M | 110m Hurdles | |
| 11:50 AM | W | 1500m | Invite Finals (4:42.0 & faster) |
| 12:00 PM | M | 1500m | Invite Finals (3:56.0 & faster) |
| 12:10 PM | W | 400m | Invite Finals (58.60 & faster) |
| 12:20 PM | M | 400m | Invite Finals (49.00 & faster) |
| 12:30 PM | W | 100m | Invite Finals (12.24 & faster) |
| 12:40 PM | M | 100m | Invite Finals (10.85 & faster) |
| 12:50 PM | W | 800m | Invite Finals (2:17.08 & faster) |
| 1:00 PM | M | 800m | Invite Finals (1:55.17 & faster) |
| 1:05 PM | W | 400m Hurdles | |
| 1:25 PM | M | 400m Hurdles | |
| 1:40 PM | W | 200m | |
| 2:05 PM | M | 200m | |
| 2:35 PM | W | 800m | Open Finals (2:17.09 & slower) |
| 2:55 PM | M | 800m | Open Finals (1:55.18 & slower) |
| 3:25 PM | W | 3000m | • |
| 3:40 PM | M | 3000m | |
| 3:50 PM | W | 4x400m | |
| 4:05 PM | M | 4x400m | |
| | | | |