



Wednesday March 29, 2023

Official Start Time

10:30 a.m. Heptathlon - University/College Women

- 100 Meter Hurdles
- High Jump
- Shot Put
- 200 Meter Dash

11:00 a.m. Decathlon - University/College Men

- 100 Meters
- Long Jump
- Shot Put
- High Jump
- 400 Meters

Thursday March 30, 2023

10:00 a.m. Decathlon - University/College Men

- 110 Meter Hurdles
- Discus
- Pole Vault
- Javelin
- 1,500 Meters

10:30 a.m. Heptathlon - University/College Women

- Long Jump
- Javelin
- 800 Meters

Running Events (Prelims and Timed Finals)

4:30 p.m.	400 Meter Hurdles - University/College Women (Prelims)
4:40 p.m.	400 Meter Hurdles - University/College Women (Timed Finals)
5:00 p.m.	400 Meter Hurdles - Univ/College Men (Prelims)
5:10 p.m.	400 Meter Hurdles - University/College Men (Timed Finals)

Field Events (Prelims and Finals)

11:00 a.m.	Hammer - University/College Women
2:00 p.m.	Hammer - University/College Men
2:15 p.m.	Javelin - University/College Men (Section B)
2:30 p.m.	Pole Vault - University/College Men
	Pole Vault - University/College Women
5:15 p.m.	Javelin - University/College Women (Section B)

Running Events (Evening Session)

7:00 p.m.	800 Meters - Invitational Women
7:09 p.m.	800 Meters - Invitational Men
7:25 p.m.	1500 Meters - Univ/College Women (Section B)
7:32 p.m.	1500 Meters - University/College Men (Section B)
7:40 p.m.	1500 Meters- University/College Women (Section A)
7:47 p.m.	1500 Meters - University/College Men (Section A)
7:57 p.m.	2,000 Meter Steeplechase - High School Girls
8:06 p.m.	2,000 Meter Steeplechase - High School Boys
8:15 p.m.	3,000 Meter Steeplechase - University/College Women
8:30 p.m.	3,000 Meter Steeplechase - University/College Men
8:50 p.m.	5,000 Meters - University/College Women
9:05 p.m.	5,000 Meters - University/College Men
9:25 p.m.	10,000 Meters - University/ College Women
10:05 p.m.	10,000 Meters - University/College Men

Friday March 30, 2023

Running Events (Prelims and Timed Finals)

9:35 a.m.	4 x 100 Meter Relay - University/College Women	(Prelims)
	4 x 100 Meter Relay - University/College Women	(Timed Finals)
	Clyde Littlefield 4 x 100 Meter Relay - University/College Men	(Prelims)
	Clyde Littlefield 4 x 100 Meter Relay - University/College Men	(Timed Finals)
	* 100 Meter Hurdles - University/College Women (West)	(Prelims)
	* 100 Meter Hurdles - University/College Women (West)	(Timed Finals)
	* 110 Meter Hurdles - University/College Men (East)	(Prelims)
	* 110 Meter Hurdles - University/College Men (East)	(Timed Finals)
	* 100 Meters - University/College Women (West)	(Prelims)
	* 100 Meters - University/College Women (West)	(Timed Finals)

* 100 Meters - University/College Men (East)	(Prelims)
* 100 Meters - University/College Men (East)	(Timed Finals)
* 4 x 400 Meter Relay - University/College Women	(Prelims)
* 4 x 400 Meter Relay - University/College Women	(Timed Finals)
* 4 x 400 Meter Relay - University/College Men	(Prelims)
* 4 x 400 Meter Relay - University/College Men	(Timed Finals)

* Special Note: In the University/College Men's and Women's 100/110 Hurdles and 100 Meter Dash, we will run the Men and Women SIMULTANEOUSLY. The Women will use the West Straight, and Men Will use the East Straight. We will alternate races back and forth between straights, so please have your athletes ready to compete. All finals will be held on the East Straight. We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule. It is a guideline only. We do this to help keep the schedule on time.

Field Events (Prelims and Finals)

9:00 a.m.	Discus - University/College Men (Section B)
10:00 a.m.	Long Jump - University/College Men (Section B)
	Long Jump - University/College Women (Section B)
	High Jump - University/College Women (Section B)
	Shot Put - University/College Women (Section B)
	Shot Put - University/College Men (Section B)
11:30 a.m.	Javelin - University/College Women (Section A)

Friday March 31, 2023 (Afternoon Session)

Field Events (Prelims and Finals)

12:30 p.m.	Triple Jump - University/College Men (Section B)
	Triple Jump - University/College Women (Section B)
1:00 p.m.	High Jump - University/College Men (Section B)
1:30 p.m.	Pole Vault - High School Boys (Section B)
	Discus - High School Girls - Outside Throwing Area
3:00 p.m.	Triple Jump - University/College Men (Section A)
	Triple Jump - University/College Women (Section A)
	High Jump - High School Boys
4:00 p.m.	Discus - University/College Men (Section A)
	Pole Vault - High School Girls (Section A)
4:15 p.m.	Discus - High School Boys - Outside Throwing Area

Running Events (Prelims)

1:30 p.m.	* 100 Meter Hurdles - Division I & II High School Girls (West)
	* 110 Meter Hurdles - Division I & II High School Boys (East)
	* 100 Meters - Division I & II High School Girls (West)
	* 100 Meters - Division I & II High School Boys (East)

- * 4 x 200 Meter Relay - Division I High School Girls
- * 4 x 200 Meter Relay - Division I High School Boys
- * 4 x 200 Meter Relay - Division II High School Girls
- * 4 x 200 Meter Relay - Division II High School Boys

* Special Note: In the High School Boys and Girls 100/110 Hurdles and 100 Meter Dash, we will run Boys and Girls SIMULTANEOUSLY. The Girls will use the West Straight, and the Boys will use the East Straight. Division I will precede Division II. We will alternate races back and forth between straights, so please have your athletes ready to compete. All finals will be held on the East Straight. We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule. It is a guideline only. We do this to help keep the schedule on time.

Friday March 31, 2023 (Evening Session)

Field Events (Prelims and Finals)

6:00 p.m.	High Jump - High School Girls
	Javelin - University/College Men (Section A)
7:00 p.m.	Pole Vault - High School Boys (Section A)
7:30 p.m.	Long Jump - High School Girls
	Long Jump - High School Boys
	Javelin - High School Boys
8:30 p.m.	Javelin - High School Girls

Running Events (Prelims and Selected Finals)

4:00 p.m.	1600 Meters - High School Girls
	1600 Meters - High School Boys
4:30 p.m.	Sprint Medley - High School Girls
	Sprint Medley - High School Boys
	Invitational Sprint Medley Relay - University/College Women
	Invitational Sprint Medley Relay - University/College Men
5:30 p.m.	400 Meter Hurdles - Invitational Women
5:35 p.m.	400 Meter Hurdles - University/College Women
5:40 p.m.	400 Meter Hurdles - University/College Men
5:45 p.m.	400 Meter Hurdles - Invitational Men
5:50 p.m.	Distance Medley Relay - University/College Women
6:05 p.m.	Distance Medley Relay - University/College Men
6:25 p.m.	300 Meter Hurdle Invitational - High School Girls
	300 Meter Hurdle Invitational - High School Boys
6:40 p.m.	4 x 400 Meter Relay - Division I High School Girls (NO BLOCKS)
	4 x 400 Meter Relay - Division I High School Boys (NO BLOCKS)
	4 x 400 Meter Relay - Division II High School Girls (NO BLOCKS)
	4 x 400 Meter Relay - Division II High School Boys (NO BLOCKS)
9:30 p.m.	Distance Medley Relay - High School Girls
9:50 p.m.	Distance Medley Relay - High School Boys

Saturday April 1, 2023 (Morning Session)

Field Events (Prelims and Finals)

9:30 a.m.	Pole Vault - High School Girls (Section B)
10:00 a.m.	Discus - University/College Women (Section B)
11:00 a.m.	Shot Put - High School Girls
	High Jump - University/College Women (Section A)
	Triple Jump - High School Girls
	Triple Jump - High School Boys

Running Events (Prelims and Selected Finals)

8:15 a.m.	3200 Meters - High School Girls
8:35 a.m.	3200 Meters High School Boys
9:00 a.m.	4 x 100 Meter Relay - Division I High School Girls
	4 x 100 Meter Relay - Division II High School Girls
	4 x 100 Meter Relay - Division I High School Boys
	4 x 100 Meter Relay - Division II High School Boys
10:40 a.m.	4 x 800 Meter Relay - University/College Women
	4 x 800 Meter Relay - University/College Men

Saturday April 1, 2023 (Afternoon Session)

Field Events (Prelims and Finals)

11:00 a.m.	Pole Vault - University Elite Women
12:00 p.m.	Shot Put - High School Boys
1:30 p.m.	Pole Vault – Invitational Elite Women
1:30 p.m.	Discus - University/College Women (Section A)
2:45 p.m.	High Jump - University/College Men (Section A)
3:00 p.m.	Pole Vault - University Elite Men
	Long Jump - University/College Women (Section A)
	Long Jump - University/College Men (Section A)
4:00 p.m.	Shot Put - University/College Men (Section A)
	Shot Put - University/College Women (Section A)

Running Events (Finals)

12:00 p.m.	Invitational 4 x 200 Meter Relay - University/College Men
	Invitational 4 x 200 Meter Relay - University/College Women
	4 x 200 Meter Relay - Division I High School Girls
	4 x 200 Meter Relay - Division II High School Girls
	4 x 200 Meter Relay - Division I High School Boys
	4 x 200 Meter Relay - Division II High School Boys
12:40 p.m.	4 x 800 Meter Relay - High School Girls

1:05 p.m.	4 x 800 Meter Relay - High School Boys
1:30 p.m.	Awards Presentation and Opening Ceremonies
	Clyde Littlefield 4 x 100 Meter Relay - University Men
	Carlette Guidry - University/College Women's 4 x 100 Meter Relay
	4 x 100 Meter Relay - Division I High School Girls
	4 x 100 Meter Relay - Division II High School Girls
	4 x 100 Meter Relay - Division I High School Boys
	4 x 100 Meter Relay - Division II High School Boys
	4 x 100 Meter Relay - Invitational Women
	4 x 100 Meter Relay - Invitational Men
2:10 p.m.	100 Meter Hurdles - Division I High School Girls
	100 Meter Hurdles - Division II High School Girls
	100 Meter Hurdles - University/College Women
	100 Meter Hurdles - Invitational Women
	110 Meter Hurdles - Division I High School Boys
	110 Meter Hurdles - Division II High School Boys
	110 Meter Hurdles - University/ College Men
	110 Meter Hurdles - Invitational Men
2:55 p.m.	100 Meters - Division I High School Girls
	100 Meters - Division II High School Girls
	100 Meters - Division I High School Boys
	100 Meters - Division II High School Boys
	100 Meters - University/College Women
	100 Meters - Invitational Women
	100 Meters - University/College Men
	100 Meters - Invitational Men
3:35 p.m.	Jerry Thompson Mile - Invitational Men
3:45 p.m.	200 Meters - Invitational Women
	200 Meters - Invitational Men
4:05 p.m.	4 x 400 Meter Relay - Invitational Women
	4 x 400 Meter Relay - Invitational Men
	4 x 400 Meter Relay - Division I High School Girls
	4 x 400 Meter Relay - Division II High School Girls
	4 x 400 Meter Relay - Division I High School Boys
	4 x 400 Meter Relay - Division II High School Boys
	4 x 400 Meter Relay - University/College Men
	4 x 400 Meter Relay - University/College Women
	Cleburne Price, Jr. 4 x 400 Meter Relay - University Men (Invitational)
	Sanya Richards-Ross - University Women's (Invitational) 4 x 400 Meter Relay