

2023 West Coast Relays | Preliminary Schedule

Thursday, March 30, 2023

FIELD EVENTS

Start	Event (<i>Hammer and Javelin Contested at Warmerdam Field</i>)	Field Size
12:00 p.m.	Women's Hammer	2 Flights
	Men's Hammer (To Follow Men's)	2 Flights
4:00 p.m.	Men's Javelin	2 Flights
	Women's Javelin (To Follow Men's)	2 Flights

Friday, March 31, 2023

FIELD EVENTS

Start	Event	Field Size
10:00 a.m.	Women's Long Jump	2 Flights
	Men's Long Jump (To Follow Women's)	2 Flights
10:00 a.m.	Women's Pole Vault	1 Section
11:00 a.m.	Men's High Jump	1 Section
12:00 p.m.	Women's Shot Put	2 Flights
	Men's Shot Put (To Follow Women's)	1 Flights
1:30 p.m.	Women's High Jump	1 Section
2:00 p.m.	Women's Triple Jump	1 Flight
	Men's Triple Jump (To Follow Women's)	1 Flight
2:00 p.m.	Men's Pole Vault	1 Section
~3:00 p.m.	Women's Discus (To Follow Men's Shot)	2 Flights
	Men's Discus (To Follow Women's)	2 Flights

RUNNING EVENTS

Start	Event	Field Size
9:00 a.m.	Women's 5000m	1 section
9:30 a.m.	Men's 5000m	1 section
12:30 p.m.	Women's 3000m Steeplechase	1 Section
12:40 p.m.	Men's 3000m Steeplechase	1 Section
1:00 p.m.	Women's 4x100m Relay	1 section
1:05 p.m.	Men's 4x100m Relay	1 Section
1:10 p.m.	Women's 1500m	3 Sections
1:30 p.m.	Men's 1500m	3 Sections
2:00 p.m.	Women's 100m Hurdles	4 Sections
2:20 p.m.	Men's 110m Hurdles	4 Sections
2:40 p.m.	Women's 400m	3 Sections
2:50 p.m.	Men's 400m	5 Sections
3:15 p.m.	Women's 100m	3 Sections
3:25 p.m.	Men's 100m	5 Sections
3:50 p.m.	Women's 800m	3 Sections
4:05 p.m.	Men's 800m	3 Sections
4:25 p.m.	Women's 400m Hurdles	2 Sections
4:35 p.m.	Men's 400m Hurdles	2 Sections
4:50 p.m.	Women's 200m	6 Sections
5:05 p.m.	Men's 200m	6 Sections
5:40 p.m.	Women's 4x400m Relay	2 Sections
5:50 p.m.	Men's 4x400m Relay	2 Sections

*All sections will be run Fast to Slow