

All times noted are Mountain Time Schedule is subject to change

FRIDAY, MARCH 10, 2023 - WOMEN				
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND	
4:00 PM	Mile	Women	Semifinal	
4:15 PM	60 Meters	Women	Semifinal	
4:25 PM	400 Meters	Women	Semifinal	
4:45 PM	800 Meters	Women	Semifinal	
4:55 PM	60 Hurdles	Women	Semifinal	
5:05 PM	5000 Meters	Women	Final	
5:25 PM	200 Meters	Women	Semifinal	
5:45 PM	Distance Medley Relay	Women	Final	
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND	
2:00 PM	Pole Vault	Women	Final	
4:00 PM	Long Jump	Women	Prelim/Final	
4:00 PM	Weight Throw	Women	Prelim/Final	
TIME	WOMEN'S PENTATHLON	DIVISION	ROUND	
	60 Hurdles	Women	Final	
	High Jump (2 pits)	Women	Final	
	Shot Put (2 circles)	Women	Final	
2:30 PM	Long Jump (2 runways)	Women	Final	
3:40 PM	800 Meters	Women	Final	
EDIDAY M	ADOUG TO THE TOTAL			
TIME	ARCH 10, 2023 - MEN MEN'S TRACK EVENTS	DIVISION	ROUND	
7:00 PM	Mile	Men	Semifinal	
	60 Meters	Men	Semifinal	
7:25 PM	400 Meters	Men	Semifinal	
7:45 PM	800 Meters	Men	Semifinal	
7:55 PM	60 Hurdles	Men	Semifinal	
8:05 PM	5000 Meters	Men	Final	
8:25 PM	200 Meters	Men	Semifinal	
8:45 PM	Distance Medley Relay	Men	Final	
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND	
6:00 PM	Pole Vault	Men	Final	
		Men Men	Prelim/Final	
7:00 PM	Long Jump		Prelim/Final	
7:00 PM TIME	Weight Throw MEN'S HEPTATHLON	Men DIVISION	ROUND	
	60 Meters	Men	Final	
	Long Jump (2 runways)	Men Men	Final	
12:15 PM		Men Men	Final	
1:30 PM	High Jump (2 pits)	Men	Final	
1:30 PM	mgm oump (2 pits)	меп	Finai	

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SATURDAY, MARCH 11, 2023 - WOMEN					
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND		
4:00 PM	Mile	Women	Final		
4:10 PM	60 Meters	Women	Final		
4:20 PM	400 Meters	Women	Final		
4:30 PM	800 Meters	Women	Final		
4:40 PM	60 Hurdles	Women	Final		
4:50 PM	200 Meters	Women	Final		
5:00 PM	3000 Meters	Women	Final		
5:20 PM	4x400 Relay	Women	Final		
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND		
1:00 PM	High Jump	Women	Final		
3:45 PM	Triple Jump	Women	Prelim/Final		
4:00 PM	Shot Put	Women	Prelim/Final		



SATURDAY, MARCH 11, 2023 - MEN					
TIME	MEN'S TRACK EVENTS	DIVISION	ROUND		
7:00 PM	Mile	Men	Final		
7:10 PM	60 Meters	Men	Final		
7:20 PM	400 Meters	Men	Final		
7:30 PM	800 Meters	Men	Final		
7:40 PM	60 Hurdles	Men	Final		
7:50 PM	200 Meters	Men	Final		
8:00 PM	3000 Meters	Men	Final		
8:20 PM	4x400 Relay	Men	Final		
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND		
1:00 PM	High Jump	Men	Final		
6:45 PM	Triple Jump	Men	Prelim/Final		
7:00 PM	Shot Put	Men	Prelim/Final		
TIME	MEN'S HEPTATHLON	DIVISION	ROUND		
10:30 AM	60 Hurdles	Men	Final		
11:30 AM	Pole Vault (1 pit)	Men	Final		
3:30 PM	1000 Meters	Men	Final		