

2023 WINTER OPEN
JANUARY 20, 21, 2023

TENTATIVE Schedule

Track Events will be run from Fastest to Slowest heats

Friday, January 20 - TRACK

6:00 PM	60m	Heptathlon Men
	60m	All Men
	60m	Special Olympic Men
	60m	All Women
	60m	Special Olympic Women
	1500m	U16 & Older Men
	1500m	Special Olympic Men
	1500m	U16 & Older Women
	1500m	Special Olympic Women
	1200m	U14 Men
	1200m	U14 Men
	1000m	U12 Male
	1000m	U12 Female
	300m	All Men
	300m	All Men
	400m	U16 & Older Men
	400m	Special Olympic Men
	400m	U16 & Older Women
	5000m Open & Master M & W	All
	4 X 200	Men then Women

Friday, January 20h - FIELD Tentative Schedule

6:00 PM	Shot Put	U18 & Older Men
6:30 PM	Standing L,Jump	U12 & U14 M & W
6:30 PM	Long Jump	U18 & Older Men, Hept Men
7:00 PM	High Jump	U12, U14 & U16 Women
7:45 PM	Shot Put	Hept. Men
7:45 PM	Long Jump	U12, U14 & U16 Men
8:00 PM	High Jump	U18 & Older Men, Hept Men

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Saturday, January 21, 2023 - TRACK

9:30 AM	60m Hurdles	Men & Pent & Hep Men
	60m Hurdles	Women & Pent Women
	2000m	U16 Men
	2000m	U16 Women
	3000m	U18 & Up Men
	3000m	Master's Men *numbers permitting
	3000m	U18 & Up Women
	3000m	Master's Women *numbers permitting
	150m	U12, U14 Men
	150m	U12, U14 Women
	200m	U16 & Up Men
	200m	Master's Men *numbers permitting
	200m	U16 & Up Women
	200m	Master's Women *numbers permitting
	600m	U12 & up Men
	600m	U12 & up Women
	800m	U16 & Up Men
	800m	U16 & Up Women
	1000m	Heptathlon
	4x100m	All Men
	4x100m	All Women
	4x 400m	U16 & Up Men
	4x 400m	U16 & Up Women

Saturday, January 21, 2023 - FIELD Tentative

9:30 AM	Long Jump	U12, U14 & U16 Women
9:30 AM	Shot Put	Special Olympic Men & Women
10:45 AM	Long Jump	Pentathlon Men
10:45 AM	High Jump	U18 & up Women & Pent W
11:00 AM	Weight Throw	Men
11:00 AM	Pole Vault	Men & Hept M
12:00 AM	Long Jump	Special Olympic Men & Women
12:00 AM	Triple Jump	U16 & Up Men
12:30 PM	Shot Put	U16 & up Women, Pent
1:30 PM	Long Jump	Midget & up Women, Pent W
1:00 PM	Pole Vault	Women
1:00 PM	High Jump	U12, U14, U16 Men
1:30 PM	Triple Jump	U16 & up Women
1:30 PM	Weight Throw	Women