### Friday, March 3, 2023 Field Events

Morning		
9:00 AM	Long Jump	U16 Women
9:00 AM	High Jump	U16 Men
11:00 AM	Long Jump	U14 Women
Afternoon		
1:30 PM	Long Jump	U14 Men
3:00 PM	Long Jump	U18 Men
4:30 PM	Long Jump	U12 Women
4:45 PM	Shot Put	U18 Men

#### Friday, March 3, 2023 Track Events Morning and Afternoon

•		
9:00 AM	300m Time Final	U14 Women
9:10 AM	300m Time Final	U14 Men
9:20 AM	300m Time Final	U16 Women
9:35 AM	300m Time Final	U16 Men
9:50 AM	4 x 100m Time Final	U14 Women
10:10 AM	4 x 100m Time Final	U14 Men
10:25 AM	4 x 100m Time Final	U16 Women
10:40 AM	4 x 100m Time Final	U16 Men
10:50 AM	60m Heats	U14 Women
11:05 AM	60m Heats	U14 Men
11:15 AM	60m Heats	U16 Women
11:35 AM	60m Heats	U16 Men
11:45 AM	Lunch	
1:00 PM	60m Hurdle Final	U14 Women
1:10 PM	60m Hurdle Final	U14 Men
1:15 PM	60m Hurdle Final	U16 Women
1:25 PM	60m Hurdle Final	U16 Men
1:35 PM	1200m Time Finals	U14 Women
1:45 PM	1200m Time Finals	U14 Men
1:50 PM	60m Final	U14 Women
1:55 PM	60m Final	U14 Men
2:00 PM	60m Final	U16 Women
2:05 PM	60m Final	U16 Men
2:10 PM	60m Heats	U18 Women
2:25 PM	60m Heats	U18 Men
2:35 PM	1200m Time Finals	U16 Women
2:55 PM	1200m Time Finals	U16 Men
3:05 PM	1500m Time Final	U18 Women
3:15 PM	1500m Time Final	U18 Men
3:40 PM	60m Hurdle Exhibition	U18 Women
3:45 PM	60m Hurdle Exhibition	U20 & Open Women
3:55 PM	60m Hurdle Exhibition	U18 Men
4:00 PM	60m Hurdle Exhibition	U20 & Open Men
4:10 PM	400m Time Final	U18 Women
4:25 PM	400m Time Final	U18 Men
4:35 PM	600m Time Final	U12 Women
4:45 PM	600m Time Final	U12 Men
5:00 PM	Supper	

## Friday, March 3, 2023 Evening Track

5:45 PM 5:55 PM 6:00 PM 6:10 PM 6:15 PM 6:20 PM 6:35 PM 6:35 PM 6:40 PM 6:50 PM 7:00 PM 7:05 PM 7:10 PM 7:15 PM 7:25 PM 7:30 PM 7:35 PM 7:45 PM 7:45 PM 7:50 PM 7:55 PM 8:00 PM 8:05 PM 8:05 PM 8:05 PM 8:05 PM 8:05 PM 8:05 PM	60m Hurdle Final 60m Hurdle Final 60m Hurdle Final 60m Hurdle Final 60m Heats 60m Heats 60m Heats 60m Exhibition 60m Exhibition 60m Time Final 60m Final	U20 Open Men U18 Men U20 Open Women U18 Women U12 Women U12 Men U20 Women U20 Men Open Women Open Women Special Olympic Women Special Olympic Men U18 Women U18 Women U18 Women U190 Women Open Women Open Women Open Women Masters Women U12 Women U12 Women U12 Men U20 Men Open Men Special Olympic Women U20 Women Open Men Special Olympic Women U20 Men Open Women Open Women Special Olympic Women U20 Men Open Men So Men U20 & Open Women
8:25 PM 8:30 PM	1500m Time Final 1500m Time Final	U20 & Open Women U20 & Open Men
8:50 PM	1500m Time Final	Special Olympic Men & Women

## Friday, March 3, 2023 Evening Field Events

5:45 PM	Long Jump	U18 Women
6:45 PM	Shot Put	U12 Men
7:00 PM	Pole Vault	U18, U20 & Open Women
7:15 PM	Long Jump	Spec O Men
7:45 PM	Shot Put	U12 Women
8:15 PM	Long Jump	U20 & Open Men

### Saturday, March 4, 2023 Track

9:00 AM	150m Heats	U14 Women
9:15 AM	150m Heats	U14 Men
9:30 AM	150m Time Final	U12 Women
9:40 AM	150m Time Final	U12 Men
9:50 AM	200m Heats	U16 Women
10:15 AM	200m Heats	U16 Men
	800m Time Finals	
10:25 AM		U14 Women
10:30 AM	800m Time Finals	U14 Men
10:35 AM	800m Time Finals	U16 Women
10:55 AM	800m Time Finals	U16 Men
11:00 AM	1000m Final	U12 Women
11:10 AM	1000m Final	U12 Men
11:15 AM	150m Finals	U14 Women
11:20 AM	150m Finals	U14 Men
11:30 AM	200m Finals	U16 Women
11:35 AM	200m Finals	U16 Men
11:40 AM	200m Time Final	Special Olympic Women
11:45 AM	200m Time Final	Special Olympic Men
11:50 AM	Lunch	Opeolal Olympic Mon
1:10 PM	Official Ceremonies	
		LI10 Waman
1:40 PM	200m Heats	U18 Women
2:00 PM	200m Heats	U18 Men
2:15 PM	200m Heats	U20 Women
2:25 PM	200m Heats	U20 Men
2:35 PM	200m Heats	Open Men
2:40 PM	4 x 200m Time Final	U14 Women
2:55 PM	4 x 200m Time Final	U14 Men
3:05 PM	4 x 200m Time Final	U16 Women
3:20 PM	4 x 200m Time Final	U16 Men
3:30 PM	800m Time Finals	U18 Women
3:40 PM	800m Time Finals	U18 Men
3:50 PM	800m Time Finals	U20 Men
3:55 PM	800m Time Finals	Open & Spec Olympic Men
4:05 PM	800m Time Finals	U20 & Open Women
4:10 PM		
	800m Special Olympic	Special Olympic Women
4:15 PM	2000m Final	U16 Women
4:30 PM	2000m Final	U16 Men
4:45 PM	3000m Finals	U18, U20, Open & Master Women
5:00 PM	3000m Time Finals	U18 Men
5:15 PM	Supper	
6:30 PM	200m Final	U18 Women
6:35 PM	200m Final	U18 Men
6:40 PM	200m Final	U20 Women
6:45 PM	200m Final	U20 Men
6:50 PM	200m Final	Open Women
6:55 PM	200m Final	Open Men
7:05 PM	200m Final	Masters Women
7:10 PM	200m Final	Masters Men
7:15 PM	4 x 100m Time Final	U18 Women
	4 x 100m Time Final	
7:20 PM		U18 Men
7:30 PM	4 x 100m Time Final	U20 & Open Women
7:40 PM	4 x 100m Time Final	U20 & Open Men
7:45 PM	3000m Final	U20, Open & Master Men
8:00 PM	4 x 400m Final	U18 Women
8:10 PM	4 x 400m Final	U20 & Open Women
8:20 PM	4 x 400m Final	U18 & U20 Men
8:25 PM	4 x 400m Final	Open Men

### Saturday March 4, 2023 Field Events

Morning		
9:00 AM	Long Jump	U16 Men
9:00 AM	High Jump	U16 Women
9:00 AM	Shot Put	U14 & U16 Women
10:00 AM	High Jump	U18, U20 & Open Women
10:00 AM	Long Jump	U12 Men
10:15 AM	Shot Put	U14 & U16 Men
11:30 AM	High Jump	U14 & U18 Men
11:15 AM	Long Jump	U20, Open & Spec O Women
11:55 AM	Weight Throw	U16, U18, U20 & Open Women
Afternoon		
1:00 PM	Triple Jump	U16 Women
1:45 PM	Pole Vault	Invitational Pole Vault Women
2:00 PM	High Jump	U14 Women
2:00 PM	Shot Put	Special Olympic Women/Men
3:15 PM	Triple Jump	All Men
3:30 PM	Shot Put	U18, U20 & Open Women
4:00 PM	Pole Vault	U18, U20 & Open Men
5:00 PM	Weight Throw	U16, U18, U20 & Open Men
Evening		
7:00 PM	Shot Put	U20 & Open Men
7:00 PM	Triple Jump	U18, U20 & Open Women
7:00 PM	High Jump	U20 & Open Men