Friday, March 3, 2023 Field Events Morning and Afternoon					
9:00 AM	Long Jump	U16 Women			
9:00 AM	High Jump	U16 Men			
11:00 AM	Long Jump	U14 Women			

2:00 PM Long Jump U14 Men 3 Trials + top 8 get 1 additional, as above

3 Trials + top 8 get 1 additional

3:30 PM Long Jump U18 Men 4:45 PM Shot Put U18 Men

Friday, March 3, 2023 Track Events Morning and Afternoon

9:00 AM 300m Time Final U14 Women then Men

300m Time FinalU16 Women then Men4 x 100m Time FinalU14 Women then Men4 x 100m Time FinalU16 Women then Men60m HeatsU14 Women then Men60m HeatsU16 Women then Men

Lunch

1:00 PM 60m Hurdle Final U14 Women then Men

60m Hurdle Final
1200m Time Finals
U14 Women then Men
60m Final
U14 Women then Men
U14 Women then Men
U16 Women then Men
U16 Women then Men
U18 Women then Men
U100m Time Finals
U16 Women then Men
U18 Women then Men
U18 Women then Men
U18 Women then Men

60m Hurdle Heats/Exhibition U18 Women then U20 & Open Women

60m Hurdle Heats/Exhibition U18 Men then U20 & Open Men

400m Time Final U18 Women then Men

600m Time Final U12 Women 600m Time Final U12 Men

Supper

Friday, March 3, 2023 Evening Session Tentative Schediule 6:00 PM 60m Hurdle Final U20 & Open Men

60m Hurdle Final U18 Men

60m Hurdle Final U20 & Open Women

60m Hurdle Final U18 Women

60m Heats
U12 Women then U12 Men
U20 Women then U20 Men
Master Women then Men
Open Women then Open Men
Open Women then Open Men
Special Olympic Women then Men

60m Final U18 Women then U18 Men 60m Final U20 then Open Women 60m Final U12 Women then U12 Men

60m Final U20 thenOpen Men
60m Final Master Women then Men

400m Time Final U20 Women

400m Time Final Special Olympic Women

400m Time Final U20 Men 400m Time Final Open Men 400m Final SO Men

1500m Time Final U20 Open SO Women 1500m Time Final U20 Open Master Men 1500m Time Final Special Olympic Men

Friday, March 3, 2023 Evening Field Events

5:30 PM	Long Jump	U12 Women	3 Trials each, top 8 receive 1 additional trial.
7:00 PM	Shot Put	U12 Men	3 Trials each, top 8 receive 1 additional trial.
6:30 PM	Long Jump	U18 Women	
7:45 PM	Shot Put	U12 Women	3 Trials each, top 8 receive 1 additional trial.
7:45 PM	Long Jump	Spec O Men	3 Trials each, top 8 receive 1 additional trial.
8:30 PM	Long Jump	U20/Open Men	

Saturday, March 4, 2023

9:00 AM 150m Heats U14 Women then U14 Men

150m Time Final
200m Heats
U16 Women then U16 Men
800m Time Finals
U16 Women then U14 Men
U16 Women then U16 Men
U16 Women then U16 Men
U100m Final
U12 Women then U16 Men
U12 Women then U12 Men
U14 Women then U14 Men
U16 Women then U16 Men
U16 Women then U16 Men

200m Time Final Special Olympic Women then Men

Lunch

1:10 PM Official Ceremonies

4 x 100m Final Mixed Special Olympic Men & Women

Invitational Junior High Grade 9 Relays Tir Men
Invitational Junior High Grade 9 Relays Tir Women
Invitational Junior High Grade 8 Relays Tir Men
Invitational Junior High Grade 8 Relays Tir Women
Invitational Junior High Grade 7 Relays Tir Women
Invitational Junior High Grade 7 Relays Tir Women

200m HeatsU18 Women then U18 Men200m HeatsU20 Women then U20 Men200m Heats If neededOpen Women then Open Men

200m Heats Masters Women then Men if Required

4 x 200m Time FinalU14 Women then U14 Men4 x 200m Time FinalU16 Women then U16 Men800m Time FinalsU18 Women then U18 Men800m Time FinalsU20 and Open Women800m Time FinalsU20 Men then Open Men

800m Special Olympic Special Olympic Women then Men

2000m Final U16 Women then U16 Men

3000m Finals U18 & U20 Women

3000m Time Finals U18 Men

Supper

200m Final
200m Final
U18 Women then U18 Men
U20 Women then U20 Men
Open Women then Open Men
Masters Women then Men
4 x 100m Time Final
U18 Women then U18 Men
U18 Women then U18 Men
U20 Women & Open Women

4 x 100m Time Final U20 and Open Men 3000m Final U20 + Open Master Men

4 x 400m Final U18 Women

4 x 400m Final U20 & Open Women

4 x 400m Final U18 Men

4 x 400m Final U20 and Open Men

Saturday Ma	rch 4, 2023 FieldTentative Scho	edule	
9:00 AM	Long Jump	U16 Men	
9:00 AM	Shot Put	U14 Men Circle S	
9:00 AM	High Jump	U16 Women	
10:00 AM	Shot Put	U16 Women Circle S	
10:00 AM	High Jump	U18 U20 Open Women	
10:15 AM	Long Jump	U12 Men	3 Trials each, top 8 receive 1 additional trial.
10:45 AM	Shot Put	U14 Women - Circle N	3 Trials each, top 8 receive 1 additional trial.
11:00 AM	Shot Put	U16 Men - Circle S	
11:30 AM	High Jump	U14 Men	3 Trials each, top 8 receive 1 additional trial.
11:15 AM	Long Jump	U20/Open/Spec O Women	
11:55 AM	Weight Throw	U18 U20 Open Women	
1:00 PM	Triple Jump	U16 Women	3 Trials each, top 8 receive 1 additional trial.
2:00 PM	High Jump	U14 Women	
2:30 PM	Shot Put	U18 Women Circle S	
2:30 PM	Shot Put	Special Olympic Women/Men CN	
2:30 PM	Triple Jump	U16 Men	3 Trials each, top 8 receive 1 additional trial.
2:45 PM	Pole Vault	U18/U20/Open Women	
3:00 PM	High Jump	U18 Men	
3:30 PM	Shot Put	U20/Open Women 5 6	
3:45 PM	Triple Jump	U18/U20/Open Men 9 3 3	
4:00 PM	Pole Vault	U18/U20/Open Men 0 2 4	
5:30 PM	Weight Throw	U18/U20/Open Men 2 1 4	
7:00 PM	Shot Put	U20 + Open Men	
7:00 PM	Triple Jump	U18/U20/Sr Women	
7:00 PM	High Jump	U20, Open Men	