


<b>2023 WINTER OPEN</b>					
JANUARY 20, 21, 2023					
<b><u>Final Schedule</u></b>					
<b>*Track Events will be run from Fastest to Slowest heats*</b>					
<b><u>Friday, January 20 - TRACK</u></b>					
6:00 PM	60m	All Men	35	5	
6:20 PM	60m	All Women	43	6	
6:40 PM	1500m	U16 & Older Men	16	1	
6:45 PM	1500m	U16 & Older Women	10	1	
6:55 PM	60m	Men (Top 8 times)	8	1	
7:00 PM	60m	Women (Top 8 times)	8	1	
7:10 PM	1200m	U14 Men	3	1	
7:25 PM	300m	All Men	5	1	
7:30 PM	300m	All Women	14	3	
7:45 PM	400m	U16 & Older Men	13	3	
7:55 PM	400m	U16 & Older Women	5	1	
8:00 PM	5000m Masters	All - Men & Women	2m&3w	1	
8:30 PM	4 X 200	Men	3	1	
8:35 PM	4 X 200	Women	4	1	
<b><u>Friday, January 20h - FIELD Final Schedule</u></b>					
6:00 PM	Shot Put	U18 & Older & Masters	5	1	
6:00 PM	Standing L,Jump	U12 & U14 W	2	1	
6:30 PM	Long Jump	All Men	14	1	
7:20 PM	High Jump	U12, U14 & U16 Women	7	1	
7:30 PM	Standing L,Jump	U12 & U14 M	5	1	
8:00 PM	High Jump	U18 & Older Men	4	1	

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<b>Saturday, January 21, 2023 - TRACK</b>					
10:00 AM	60m Hurdles		Pentathlon Women	6	1
10:05 AM	60m Hurdles		U18, U20, Open Women	1,3,1	1
10:10 AM	60m Hurdles		U14, U16 Women	3, 3	1
10:20 AM	60m Hurdles		All Men	.1..1.1.1	1
10:30 AM	2000m		U16 Men	1	1
10:30 AM	3000m (with U16 2000m)		U18 & U20 Men	6	1
10:45 AM	3000m		Senior & Master's Men	6	1
11:00 AM	2000m		U16 Women	3	1
11:15 AM	150m		U12, U14 Men	4,3	2
11:25 AM	150m		U12, U14 Women	3,5	2
11:30 AM	200m		U16 & Up Men	20	4
11:45 AM	200m		U16 & Up Women	30	6
1:00 PM	600m		U12 & up Men	10	2
1:10 PM	600m		U12 & up Women	6	1
1:20 PM	800m		U16 & Up Men	19	3
1:35 PM	800m		U16 & Up Women	22	3
1:50 PM	4x100m		All Men	2	1
2:00 PM	4x100m		All Women	5	1
2:05 PM	4x 400m		U16 & Up Men	3	1
2:10 PM	4x 400m		U16 & Up Women	2	1
2:20 PM	800m		Women Pentathlon	6	1
<b>Saturday, January 21, 2023 - FIELD Final Schedule</b>					
10:00 AM	Long Jump		U12,U14 &U16 Women	18	1
10:45 AM	High Jump		U18 & up Women &	3 & 6	1
10:45 AM	Weight Throw		Men & Women	2 & 2	1
11:00 AM	Pole Vault		Men	5	1
11:15 AM	High Jump		U12, U14, U16 Men	1	1
11:45 AM	Triple Jump		U16 & up Women	14	1
12:00 AM	Shot Put		All Women, & Pent	6&6	1
1:00 PM	Pole Vault		Women	9	1
1:20 PM	Long Jump		U18 & up Women, P	5&6	1