

**Friday, June 16, 2023 – Multi-Events – 3000 Meter Run**

<u>TIME</u>	<u>EVENT</u>	<u>DIVISION</u>
4:00 p.m.	Triathlon/Pentathlon 80m Hurdles - Pentathlon 100m Hurdles - Pentathlon Shot Put - Triathlon/Pentathlon High Jump - Triathlon/Pentathlon Long Jump - Pentathlon 200m dash - Triathlon 400m dash - Triathlon 800m run - Pentathlon 1500m run - Pentathlon	9-10, 11-12, 13-14 11-12 G&B 13-14 G (30") 13-14 B (33") 9-10 B&G, 11-12 B&G, 13-14 B&G 9-10 B&G, 11-12 B&G, 13-14 B&G 11-12 B&G, 13-14 B&G 9-10 G 9-10 B 11-12 G, 13-14 G 11-12 B, 13-14 B
5:30 p.m.	3000m run	11-12 G, 13-14 G, 15-16 G, 17-18 G 11-12 B, 13-14 B, 15-16 B, 17-18 B
5:00 - 6:00 p.m.	Athlete Packet Pickup	

**Saturday, June 17, 2023**

<u>TIME</u>	<u>FIELD EVENTS</u>	<u>DIVISION</u>
9:30 a.m.	Long Jump High Jump Shot Put Discus Pole Vault	Girls & Boys 8&under, 9-10, 11-12 Girls 13-14, 15-16, 17-18 Girls & Boys 8&under, 9-10, 11-12 Girls & Boys 15-16, 17-18 Girls 13-14, 15-16, 17-18
10:30 a.m.	High Jump	Boys 13-14, 15-16, 17-18
11:00 a.m.	Shot Put Discus	Girls & Boys 13-14, 15-16, 17-18 Girls & Boys 11-12, 13-14
11:30 a.m.	Pole Vault	Boys 13-14, 15-16, 17-18
12:00 p.m.	Long Jump Javelin	Girls & Boys 13-14, 15-16, 17-18 Girls & Boys 8&under, 9-10, 11-12
12:15 p.m.	High Jump	Girls & Boys 8&under, 9-10, 11-12
1:30 p.m.	Javelin	Girls & Boys 13-14, 15-16, 17-18
2:00 p.m.	Triple Jump	Girls & Boys 13-14, 15-16, 17-18
	<u>TRACK EVENTS</u>	
12:00 p.m.	1500m run 110m Hurdles 100m Hurdles 100m Hurdles 80m Hurdles 4x100m Relay 2000m Steeplechase 100m dash 800m run 200m Hurdles 400m Hurdles 200m dash 4x400m Relay	Girls & Boys all divisions Boys 15-16 (39"), 17-18 (39") Girls 15-16 (33"), 17-18 (33") Boys 13-14 (33") Girls 13-14 (30") Girls & Boys 11-12 (30") Girls & Boys all divisions Girls 15-18 (30"), Boys 15-18 (36") Girls & Boys all divisions Girls & Boys all divisions Girls & Boys 13-14 (30") Girls & Boys 15-16, 17-18 (36") Girls & Boys all divisions Girls & Boys all divisions