

2023 Golden Bears & Pandas Preview - Saturday Jan 7, 2023

Final Track						Final Field			
Time	Event	Age Category	Gender	Heat/Final	# of Heats	Time	Horiz Jumps - Main Pit	High Jump Centre Pit	Throws Cage
11:00AM	300m	All		Heats		11:00AM		W - HJ (3)	WT - M (8)
11:15AM	60mH	Per age class specs	Order: High to lower Hurdles (ie men before women & older before younger)	Heats		12:00PM		M - HJ (3)	WT - W top 10 entries + GBP
12:00PM	60mH	Per age class specs	Order: lower to higher hurdles (ie woemn before men and younger before older)	Final					
12:30PM	60m			Heats		1:15PM			SP - M (8)
1:30PM	60m			Final (A/B finals)		1:30PM	LJ - W (5) & M (4) at same time		
2:10PM	200m	All		Timed Final		2:15PM			SP - W (10)
2:30PM	4x400m	All		Timed Final					