

Track Events	Final Meet Schedule SATURDAY January 7 <sup>th</sup> , 2023	
10:30 AM	60m hurdles heats	Women
10:35 AM	60m hurdles heats	Men
10:50 AM	60m heats	Women
11:20AM	60m heats	Men
12:20PM	1000m timed section	Women
12:30PM	1000m timed section	Men
12:40 PM	4x200m relay	Women
12:50PM	4x200m relay	Men
1:05 PM	1500m times sections	Women
1:15 PM	1500m times sections	Men
1:30PM	60m hurdles final	Men
1:45 PM	60m hurdles final	Women
1:55 PM	60m final (A+B Final)	Men
2:00 PM	60m final (A+B Final)	Women
2:10 PM	600m timed sections	Women
2:20PM	600m timed sections	Men
2:45 PM	300m timed sections	Women
3:15 PM	300m timed sections	Men
4:05 PM	3000m times sections	Women
4:20PM	4x400m timed sections	Women
4:30PM	4x400m timed sections	Men

Field Events	Final Meet Schedule SATURDAY January 7 <sup>th</sup> , 2023	
8:00 AM	Shot Put	Mens + Womens
11:00 AM	Long Jump	Men
11:00 AM	High Jump	Men
11:00 AM	Pole Vault	Women
1:00 PM	Long Jump	Women
2:00 PM	Pole Vault	Men
2:00 PM	High Jump	Women
3:00 PM	Triple Jump	Men
4:30 PM	Triple Jump	Women