

Tentative Meet Schedule, July 11, 2023

6:00pm	400mh	W→M
	200mh	W→M
	100m Prelims	W→M
	400m /300m	W→M
	800m (u14/u16/u18)	W→M
	100m Finals	W→M
	2000m (u14/u16)	W→M
	3000m (u18)	W→M

Field Events

	Long Jump	Triple Jump *Women and Men may be combined, pending entries	Shot Put	Hammer Throw	Pole Vault	High Jump
5:30	Warmup on runway - Men	Warmup at event area - Women	Warmup at Event area – Men	Warmup – Women's	Men's Event Starts, Women's to follow	Warmup at Event Area – Women
6:00	Men	Women	Men	Women		Women
6:30						
7:00	Warmup on Runway - Women	Warmup at event area – Men	Warmup at event area – Women	Warmup at Event Area – Men		Warmup at Event Area - Men
7:30	Women	Men	Women	Men		Men
8:00						