**2023 INTERNATIONAL YOUTH MEET OF CHAMPIONS FINAL SCHEDULE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TIME | TRACK | TIME | FIELD | AGE GROUP |
| **Saturday** | **December 9, 2023** |  |  |  |
| 09:15 AM | 1200 m / 1500m Finals | 9:00 AM | Shot Put | U10/U12(All) |
|  |  |  | High Jump | U10/12/14Girls |
|  |  |  | Long Jump  Long Jump | U18 Boys  U20 Boys |
|  |  | 10:00 AM | High Jump | U16/U18/U20 Girls |
|  |  | 10:45 AM | Shot Put | U14(All) |
| 10:30 AM | 60m (Heats) | 11:00 AM | High Jump Long Jump Long Jump | U16/18/20 Boys  U 14 Girls  U 16 Girls |
| LUNCH BREAK | | | | |
| 01:00 PM | 300m / 400m Finals | 01:00 PM | Shot Put | U16 (All) |
|  |  |  | High Jump Long Jump  Long Jump | U10/12/14 Boys  U20 Girls U18 Girls |
|  |  | 02:30 PM | Shot Put Long Jump Long Jump | U18(All)  U14 Boys  U16 Boys |
|  |  |  |  |  |
| 2:30 PM | 60m (A+B Final) | 3:45 PM | Shot Put | U20 (All) |
|  |  |  | Long Jump  Long Jump | U12 Boys  U8/10 Boys |
| 3:45 PM | 4 X 200m Relay Finals | **5:00PM 6:00PM** | Weight Throw  Weight Throw | All Boys   All Girls |

**Sunday December 8, 2023**

9:45 AM 60m Hurdles Finals 9:00 AM Triple Jump U14 Girls

Long Jump U8/10 Girls

10:45 AM 800m Finals

10:30AM

Long Jump U12 Girls

Triple Jump U18 Girls

LUNCH BREAK

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12:30 PM | Sprint Medley Relay Finals | 01:15PM | Triple Jump  Triple Jump | U14 Boys  U16 Boys |
|  |  |  | Triple Jump U18 Boys |  |
| 1:15 PM | 150m / 200m Finals | 2:30PM |  |  |

3:45PM 4 X 400m Relay Finals

**2023 INTERNATIONAL YOUTH MEET OF CHAMPIONS MEDAL CEREMONY SCHEDULE   
  
  
Saturday**

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| --- | --- |
| Time | Event(s) |
| 10:00am | 1200/1500m(All)  Shot Put U10/12 (All)  High Jump U10/12/14(Girls)  Long Jump U18/20 Boys |
| 11:15am | High Jump U16/U18/20 (Girls) |
| 12:30pm | Shot Put U14(All)  High Jump U16/18/20 (Boys)  Long Jump U14/U16 (Girls) |
| 2:00pm | 300M (All) |
| 2:30pm | 400M (All)  Shot Put U16 (All) High Jump U10/12/14 (Boys)  Long Jump U18/U20 (Girls) |
| 4:00pm | Shot Put U18 (All) |
| 4:40pm | 60m (All)  4 X 200m (All) |
| Weight Throw Medals will be given out  immediately following the event |  |

**Sunday**

|  |  |
| --- | --- |
| Time | Event(s) |
| 10:30am | 60m Hurdles (All)  Triple Jump U14 (Girls)  Long Jump U8/10 (Girls) |
| 11:30am | 800m (All)  Long Jump (U12)  Triple Jump (U18) |
| 12:50pm | Sprint Medley Relay (All) |
| 2:00pm | Triple Jump U14/U16 (Boys) |
| 3:30pm | Triple Jump U18 (Boys) |
| 4:15pm | 150m (All)  200m (All)  4x400m (All) |