

**ALL FIELD EVENTS WILL BE 3 ATTEMPTS AND 3 MORE FOR THE TOP 9**

<b>FRIDAY – APRIL 28, 2023</b>	<b>FIELD EVENTS (WORST TO BEST)</b>
12:00 PM	Women's Hammer
12:30PM	Men's Javelin
1:00 PM	Men's Pole Vault (Starting at 4.11m)
2:00 PM	Men's Hammer
2:30 PM	Women's Javelin
4:00 PM	Men's Long Jump (West Pit)
4:00 PM	Women's Long Jump (East Pit)

<b>FRIDAY – APRIL 28, 2023</b>	<b>TRACK EVENTS (FAST TO SLOW)</b>
<b>SLOWER SECTIONS OF 5000M WILL BE FROM 4-6PM AS NEEDED BASED ON ENTRIES</b>	
6:30 PM	Women's 3000M Steeplechase
6:45 PM	Men's 3000M Steeplechase
7:00 PM	Women's Mile (Invitational Heats)
7:40 PM	Men's Mile (Invitational Heats)
8:15 PM	Women's 5000M (Top Two Heats)
9:00 PM	Men's 5000M (Top Two Heats)
9:40 PM	Men's 10000M

<b>SATURDAY – APRIL 29, 2023</b>	<b>FIELD EVENTS (WORST TO BEST)</b>
12:00 PM	Men's Shot Put
12:00 PM	Women's Discus
11:00 AM	Women's High Jump (Starting at 1.50m)
1:00 PM	Women's Pole Vault (Starting at 3.20m)
1:30 PM	Men's High Jump (Starting at 1.83m)
3:00 PM	Women's Triple Jump (East Pit)
3:00 PM	Men's Triple Jump (West Pit)
3:00 PM	Men's Discus
3:00 PM	Women's Shot Put

<b>SATURDAY – APRIL 29, 2023</b>	<b>TRACK EVENTS (FAST TO SLOW)</b>
12:30 PM	Women's 4x100M Relay
12:35 PM	Men's 4x100M Relay
12:40 PM	Women's 800M
1:05 PM	Men's 800M
1:30 PM	Women's 100M Hurdles
1:50 PM	Men's 110M Hurdles
2:10 PM	Women's 400M
2:20 PM	Men's 400M
2:35 PM	Women's 100M
2:50 PM	Men's 100M
3:10 PM	Women's 400M Hurdles
3:20 PM	Men's 400M Hurdles
3:30 PM	Women's 200M
3:50 PM	Men's 200M
4:15 PM	Senior Recognition
4:35 PM	Women's Mile (Non-Invitational Heats)
5:00 PM	Men's Mile (Non-Invitational Heats)
5:30 PM	Women's 4x400M Relay
5:45 PM	Men's 4x400M Relay