



## **SCHEDULE OF EVENTS**

**Friday, April 14, 2023**

### **Field Events**

1:00pm M Hammer  
2:00pm W Long Jump Invite  
2:00pm M High Jump  
2:00pm M Pole Vault  
3:00pm M Long Jump Invite  
3:15pm W Hammer  
4:45pm M Javelin  
5:00pm W Long Jump  
6:10pm W Javelin  
6:15pm M Shot Put Invite  
  
6:30pm M High Jump Invite  
7:00pm M Long Jump  
7:35pm W Shot Put Invite

### **Running Events**

Senior day presentation

5:00pm W 200m  
5:30pm W 200m (OD)  
5:35pm M 200m  
6:00pm M 200m (OD)  
6:15pm W 400m Hurdles  
6:35pm M 400m Hurdles  
6:55pm W Steeple  
7:10pm M Steeple  
7:25pm W 1500m  
7:55pm M 1500m  
8:15pm W 5K  
8:40pm M 5K

**Saturday, April 15, 2023**

### **Field Events**

9:00am W Discus (outside)  
10:00am M Discus Invite (inside)  
11:00am M Discus (outside)  
11:00am W Pole Vault  
11:30am W Discus Invite (inside)  
12:00pm W High Jump  
1:30pm W Hammer Invite  
1:30pm W Triple Jump  
2:30pm M Triple Jump  
3:00pm M Hammer Invite  
3:00pm W Shot Put  
4:00pm W High Jump Invite  
4:15pm M Shot Put

### **Running Events**

12:00pm W 100m Hurdles (P)  
12:15pm W 100m Hurdles (OD) (P)  
12:25pm M 110m Hurdles (P)  
12:40pm M 110m Hurdles (OD) (P)  
1:30pm W 4x100  
1:40pm M 4x100  
1:55pm W 800m  
2:15pm M 800m  
2:35pm W 100m Hurdles (F)  
2:40pm W 100m Hurdles (OD) (F)  
2:45pm M 110m Hurdles (F)  
2:50pm M 110m Hurdles (OD) (F)  
2:55pm W 400m  
3:20pm W 400m (OD)  
3:25pm M 400m  
3:50pm M 400m (OD)  
4:00pm W 100m  
4:25pm W 100m (OD)  
4:30pm M 100m  
4:55pm M 100m (OD)  
5:05pm W 3K  
5:20pm M 3K  
5:35pm W 4x400  
6:00pm M 4x400



**Results**



**Weather Updates**