

Updated 3/23/23 Time Schedule

Field Events

9:30 AM	Women's Hammer (West Cage)
11:00 AM	Men's Hammer (West Cage)
12:30 PM	Men's Discus (West Cage)
12:30 PM	Women's Shot Put
1:00 PM	Men's Pole Vault
1:30 PM	Men's High Jump
1:45 PM	Women's Long Jump
1:45 PM	Men's Long Jump
2:00 PM	Women's Discus (West Cage)
2:00 PM	Men's Shot Put
3:30 PM	Women's Pole Vault
3:30 PM	Women's High Jump
3:30 PM	Men's Javelin (West Runway)
3:45 PM	Men's Triple Jump
3:45 PM	Women's Triple Jump
3:45 PM	Women's Javelin (East Runway)

Running Events

1:55 PM	National Anthem
2:00 PM	Women's 4 x 100 Relay
2:05 PM	Men's 4 x 100 Relay
2:10 PM	Women's 1500 Meters
2:25 PM	Men's 1500 Meters
2:40 PM	Women's 100 Hurdles
2:50 PM	Men's 110 Hurdles
3:00 PM	Women's 400 Meters
3:05 PM	Men's 400 Meters
3:15 PM	Women's 100 Meters
3:25 PM	Men's 100 Meters
3:35 PM	Women's 800 Meters
3:45 PM	Men's 800 Meters
3:55 PM	Women's 400 Hurdles
4:05 PM	Men's 400 Hurdles
4:15 PM	Women's 200 Meters
4:25 PM	Men's 200 Meters
4:40 PM	Women's 3000 Meter
4:55 PM	Men's 3000 Meters
5:10 PM	Women's 4 x 400 Relay
5:15 PM	Men's 4 x 400 Relay