2023 TIME SCHEDULE LIST BELOW FOR APPROXIMATION
2024 FINAL TIME SCHEDULE WILL BE POSTED AFTER ENTRIES CLOSE

**Field Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Division</th>
<th>Round</th>
<th>Advance</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Weight Throw</td>
<td>Women</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>11:30am</td>
<td>Weight Throw</td>
<td>Men</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Pole Vault</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>1:00pm</td>
<td>Shot Put</td>
<td>Women</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Long Jump</td>
<td>Men</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Long Jump</td>
<td>Women</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>1:00pm</td>
<td>High Jump</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>2:30pm</td>
<td>Shot Put</td>
<td>Men</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Triple Jump</td>
<td>Men</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Triple Jump</td>
<td>Women</td>
<td>Trials &amp; Final</td>
<td>9</td>
</tr>
<tr>
<td>2:45pm</td>
<td>High Jump</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>3:00pm</td>
<td>Pole Vault</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
</tbody>
</table>

**Running Events**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Division</th>
<th>Round</th>
<th>Advance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00pm</td>
<td>60 Meter Hurdles</td>
<td>Men</td>
<td>Preliminaries</td>
<td>8</td>
</tr>
<tr>
<td>1:10pm</td>
<td>60 Meter Hurdles</td>
<td>Women</td>
<td>Preliminaries</td>
<td>8</td>
</tr>
<tr>
<td>1:20pm</td>
<td>60 Meters</td>
<td>Women</td>
<td>Preliminaries</td>
<td>8</td>
</tr>
<tr>
<td>1:45pm</td>
<td>60 Meters</td>
<td>Men</td>
<td>Preliminaries</td>
<td>8</td>
</tr>
<tr>
<td>2:15pm</td>
<td>Mile</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>2:25pm</td>
<td>Mile</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>2:40pm</td>
<td>60 Meter Hurdles</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>2:45pm</td>
<td>60 Meter Hurdles</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>2:50pm</td>
<td>400 Meters</td>
<td>Women</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>3:05pm</td>
<td>400 Meters</td>
<td>Men</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>3:20pm</td>
<td>60 Meters</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>3:25pm</td>
<td>60 Meters</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>3:30pm</td>
<td>800 Meters</td>
<td>Women</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>3:35pm</td>
<td>800 Meters</td>
<td>Men</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>3:45pm</td>
<td>200 Meters</td>
<td>Women</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>4:00pm</td>
<td>200 Meters</td>
<td>Men</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>4:10pm</td>
<td>3000 Meters</td>
<td>Women</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>4:25pm</td>
<td>3000 Meters</td>
<td>Men</td>
<td>Final</td>
<td></td>
</tr>
<tr>
<td>4:40pm</td>
<td>4x400 Meter Relay</td>
<td>Women</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
<tr>
<td>4:45pm</td>
<td>4x400 Meter Relay</td>
<td>Men</td>
<td>Final (Sections against time)</td>
<td></td>
</tr>
</tbody>
</table>