

## **TRACK SCHEDULE - WEDNESDAY, MAY 17, 2023**

**NOTE:** Any track or field event may start up to one-half hour before the times shown in this schedule. Coaches are asked to ensure that all athletes are informed of this fact and the importance of listening to announcements. Please encourage athletes to be at the facility at least 45 minutes before the scheduled event time.

10:30	Novice Girls	80 m Hurdles (30")	Heats
	Junior Girls	80 m Hurdles (30")	Heats
	Senior Girls	100 m Hurdles (30")	Heats
	Novice Boys	100 m Hurdles (33")	Heats
	Junior Boys	100 m Hurdles (36")	Heats
	Senior Boys	110 m Hurdles (36")	Heats
11:00	Amb/ID/VI	100 m	Final
	Novice Girls	100 m (back straight)	Heats
	Novice Boys	100 m (front straight)	Heats
11:30	Junior Girls	100 m (back straight)	Heats
	Junior Boys	100 m (front straight)	Heats
12:00	Senior Girls	100 m (back straight)	Heats
	Senior Boys	100 m (front straight)	Heats
12:30	Open Girls	2000 m Steeplechase (30")	Final
	Open Boys	2000 m Steeplechase (36")	Final
1:00	Novice Girls	100 m	Semi-Finals
	Junior Girls	100 m	Semi-Finals
	Senior Girls	100 m	Semi-Finals
	Novice Boys	100 m	Semi-Finals
	Junior Boys	100 m	Semi-Finals
	Senior Boys	100 m	Semi-Finals
1:45	Novice Girls	1500 m	Final
	Junior Girls	1500 m	Final
	Senior Girls	1500 m	Final
2:45	Novice Girls	80 m Hurdles (30")	Final
	Junior Girls	80 m Hurdles (30")	Final
	Senior Girls	100 m Hurdles (30")	Final
	Novice Boys	100 m Hurdles (33")	Final
	Junior Boys	100 m Hurdles (36")	Final
	Senior Boys	110 m Hurdles (36")	Final
3:45	Novice Girls	400 m	Final
	Junior Girls	400 m	Final
	Senior Girls	400 m	Final

	Novice Boys	400 m	Final
	Junior Boys	400 m	Final
	Senior Boys	400 m	Final
5:00	Novice Boys	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Boys	1500 m	Final
6:00	Novice Girls	100 m	Final
	Junior Girls	100 m	Final
	Senior Girls	100 m	Final
	Novice Boys	100 m	Final
	Junior Boys	100 m	Final
	Senior Boys	100 m	Final

### **TRACK SCHEDULE - THURSDAY, MAY 18, 2023**

10:30	Senior Girls	<b>200 m</b>	<b>Heats</b>
	Senior Boys	<b>200 m</b>	<b>Heats</b>
	Junior Girls	<b>200 m</b>	<b>Heats</b>
	Junior Boys	<b>200 m</b>	<b>Heats</b>
	Novice Girls	<b>200 m</b>	<b>Heats</b>
	Novice Boys	<b>200 m</b>	<b>Heats</b>
12:00	Senior Girls	3000 m (alley start)	Final
	Senior Boys	3000 m (alley start)	Final
12:30	Senior Boys	<b>400 m Hurdles (36")</b>	<b>Timed Final</b>
	Senior Girls	<b>400 m Hurdles (30")</b>	<b>Timed Final</b>
	Junior Girls	<b>300 m Hurdles (30")</b>	<b>Timed Final</b>
	Novice Girls	<b>300 m Hurdles (30")</b>	<b>Timed Final</b>
	Junior Boys	<b>300 m Hurdles (33")</b>	<b>Timed Final</b>
	Novice Boys	<b>300 m Hurdles (33")</b>	<b>Timed Final</b>
2:00	Junior Girls	3000 m (alley start)	Final
	Junior Boys	3000 m (alley start)	Final
2:30	Senior Girls	<b>800m (box start)</b>	<b>Timed Final</b>
	Senior Boys	<b>800m (box start)</b>	<b>Timed Final</b>
	Junior Girls	<b>800m (box start)</b>	<b>Timed Final</b>
	Junior Boys	<b>800m (box start)</b>	<b>Timed Final</b>
	Novice Girls	<b>800m (box start)</b>	<b>Timed Final</b>
	Novice Boys	<b>800m (box start)</b>	<b>Timed Final</b>
	Amb/ID/VI	800m (box start)	Timed Final

4:00	<b>Senior Girls</b>	<b>200 m</b>	<b>Final</b>
	<b>Senior Boys</b>	<b>200 m</b>	<b>Final</b>
	<b>Junior Girls</b>	<b>200 m</b>	<b>Final</b>
	<b>Junior Boys</b>	<b>200 m</b>	<b>Final</b>
	<b>Novice Girls</b>	<b>200 m</b>	<b>Final</b>
	<b>Novice Boys</b>	<b>200 m</b>	<b>Final</b>
	<b>WCG &amp; WCB</b>	<b>200 m</b>	<b>Final</b>
4:30	Novice Girls	3000 m (alley start)	Final
	Novice Boys	3000 m (alley start)	Final
5:00	<b>Senior Girls</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
	<b>Senior Boys</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
	<b>Junior Girls</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
	<b>Junior Boys</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
	<b>Novice Girls</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
	<b>Novice Boys</b>	<b>4 x 100 m Relay</b>	<b>Timed Final</b>
6:30	Open Girls	4 x 400 m Relay	Timed Final
	Open Boys	4 x 400 m Relay	Timed Final