



## 2023 Schedule of Events

*\*Schedule of events is subject to change as deemed necessary after flights/heats are set.*

### THURSDAY, MARCH 2

**Practice:** 8:00 am – 9:30 am **IMPLEMENT CHECK-IN:** 10:00 am – 12:00 pm

#### WOMEN'S PENTATHLON

12:00 pm 60m Hurdles  
High Jump  
Shot Put  
Long Jump  
800m Run

#### MEN'S HEPTATHLON

12:30 pm 60m Dash  
Long Jump  
Shot Put  
High Jump

#### RUNNING EVENTS

##### **CHECK IN NO LATER THAN 30 MIN BEFORE EVENT BEGINS**

2:00 pm Women's 5,000m – Semi-Final  
2:45 pm Men's 5,000m – Semi-Final  
3:30 pm Women's 3,200m Relay - Semi-Final  
4:00 pm Men's 3,200m Relay - Semi-Final  
4:30 pm Women's 1,600m Relay – Semi-Final  
5:00 pm Men's 1,600m Relay - Semi-Final  
5:30 pm Women's DMR - Semi-Final  
6:00 pm Men's DMR – Semi-Final

Multi-Events will begin 30 min after the conclusion of the previous event.

### FRIDAY, MARCH 3

**IMPLEMENT CHECK-IN:** 10:00 am – 1:00 pm

#### MEN'S HEPTATHLON

10:00 am 60m Hurdles  
Pole Vault  
1000m Run

#### RACE WALK– CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:30 am Women's 3,000m Walk – **FINAL**  
11:25 am Men's 3,000m Walk – **FINAL**

#### RUNNING EVENTS – All events semi-finals unless noted – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 pm – Women's Mile	2:05 pm – Men's 600m	3:55 pm – Women's 3,000m
12:20 pm – Men's Mile	2:25 pm – Women's 60m	4:15 pm – Men's 3,000m
12:35 pm – Women's 60m Hurdles	2:35 pm – Men's 60m	4:40 pm – Women's 200m
12:50 pm – Men's 60m Hurdles	2:45 pm – Women's 800m	5:00 pm – Men's 200m
1:05 pm – Women's 400m	3:00 pm – Men's 800m	5:20 pm – Women's 3,200m Relay <b>FINAL</b>
1:25 pm – Men's 400m	3:15 pm – Women's 1,000m	5:35 pm – Men's 3,200m Relay <b>FINAL</b>
1:45 pm – Women's 600m	3:30 pm – Men's 1,000m	

#### FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 pm – Men's Weight Throw – Prelim & <b>FINAL</b>	3:00 pm – Women's Pole Vault – Prelim & <b>FINAL</b>
1:00 pm – Women's Long Jump – Prelim & <b>FINAL</b>	3:00 pm – Women's Weight Throw – Prelim & <b>FINAL</b>
2:00 pm – Men's High Jump – Prelim & <b>FINAL</b>	4:00 pm – Men's Long Jump – Prelim & <b>FINAL</b>

### SATURDAY, MARCH 4

**IMPLEMENT CHECK-IN:** 9:00 am – 12:00 pm

#### RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

<b>12:00 pm – Championship Ceremonies</b>	1:50 pm – Women's 60m <b>FINAL</b>	3:15 pm – Women's 200m <b>FINAL</b>
12:25 pm – Women's Mile <b>FINAL</b>	2:00 pm – Men's 60m <b>FINAL</b>	3:25 pm – Men's 200m <b>FINAL</b>
12:35 pm – Men's Mile <b>FINAL</b>	2:10 pm – Women's 800m <b>FINAL</b>	3:35 pm – Women's 5,000m <b>FINAL</b>
12:45 pm – Women's 60m Hurdle <b>FINAL</b>	2:15 pm – Men's 800m <b>FINAL</b>	4:00 pm – Men's 5,000m <b>FINAL</b>
12:55 pm – Men's 60m Hurdle <b>FINAL</b>	2:25 pm – Women's 1,000m <b>FINAL</b>	4:20 pm – Women's DMR <b>FINAL</b>
1:05 pm – Women's 400m <b>FINAL</b>	2:35 pm – Men's 1,000m <b>FINAL</b>	4:40 pm – Men's DMR <b>FINAL</b>
1:15 pm – Men's 400m <b>FINAL</b>	2:45 pm – Women's 3,000m <b>FINAL</b>	4:55 pm – Women's 1,600m Relay <b>FINAL</b>
1:25 pm – Women's 600m <b>FINAL</b>	3:00 pm – Men's 3,000m <b>FINAL</b>	5:15 pm – Men's 1,600m Relay <b>FINAL</b>
1:35 pm – Men's 600m <b>FINAL</b>		<b>5:30 pm – Awards Ceremony</b>

#### FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:00 am – Women's Triple Jump – Prelim & <b>FINAL</b>	1:15 pm – Men's Pole Vault – Prelim & <b>FINAL</b>
11:30 am – Women's Shot Put – Prelim & <b>FINAL</b>	1:30 pm – Men's Triple Jump – Prelim & <b>FINAL</b>
2:00 pm – Men's Shot Put – Prelim & <b>FINAL</b>	1:30 pm – Women's High Jump – Prelim & <b>FINAL</b>