

TIMEWOMEN'S TRACK EVENTSDIVISIONROUND4:00 PMMileWomenSemifinal4:15 PM60 MetersWomenSemifinal4:25 PM400 MetersWomenSemifinal4:45 PM800 MetersWomenSemifinal4:55 PM60 HurdlesWomenSemifinal5:05 PM5000 MetersWomenSemifinal5:25 PM200 MetersWomenFinal5:25 PM200 MetersDVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final4:00 PMWeight ThrowWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal11:00 AMBob Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersMenSemifinal7:15 PM60 MetersMenSemifinal8:25 PM200 MetersMenFinal8:1	FRIDAY, M	FRIDAY, MARCH 10, 2023 - WOMEN					
4:15 PM60 MetersWomenSemifinal4:25 PM400 MetersWomenSemifinal4:45 PM800 MetersWomenSemifinal5:55 PM60 HurdlesWomenFinal5:05 PM5000 MetersWomenFinal5:25 PM200 MetersWomenSemifinal5:45 PMDistance Medley RelayWomenFinal7:40 PMDistance Medley RelayWomenFinal7:00 PMPole VaultWomenPrelim/Final4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final7:00 PMWeight ThrowWomenFinal1:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDotance Medley RelayMenFinal8:45 PMDotance Medley Relay	TIME		DIVISION	ROUND			
4:25 PM400 MetersWomenSemifinal4:45 PM800 MetersWomenSemifinal4:55 PM60 HurdlesWomenSemifinal5:05 PM5000 MetersWomenFinal5:25 PM200 MetersWomenSemifinal5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final4:00 PMWeight ThrowWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal11:00 AMHigh Jump (2 pits)WomenFinal11:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDom JumpMenFinal7:00 PMKeN'S FIELD EVENTSD	4:00 PM	Mile	Women	Semifinal			
4:45 PM800 MetersWomenSemifinal4:55 PM60 HurdlesWomenSemifinal5:05 PM5000 MetersWomenFinal5:25 PM200 MetersWomenFinal5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final11:00 PMWomen'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal11:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersMemSemifinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFina	4:15 PM	60 Meters					
4:55 PM60 HurdlesWomenSemifinal5:05 PM5000 MetersWomenFinal5:25 PM200 MetersWomenSemifinal5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final1:00 PMWoght ThrowWomenFinal1:00 PM60 HurdlesWomenFinal1:00 PMShot Put (1 ring)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM500 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal7:50 PMOlou MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal <td>4:25 PM</td> <td>400 Meters</td> <td></td> <td></td>	4:25 PM	400 Meters					
5:05 PM5000 MetersWomenFinal5:25 PM200 MetersWomenSemifinal5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/FinalTIMEWOMEN'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:00 PMMileMenSemifinal7:55 PM60 MetersMenSemifinal7:55 PM60 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 MetersMenSemifinal7:55 PM60 MetersMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal8:45 PMDistance Medley RelayMenFinal9:30 AM60 MetersMenFinal<							
5:25 PM200 MetersWomenSemifinal5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/FinalTIMEWOMEN'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal11:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal8:45 PMDistance Medley RelayMenFinal9:30 AM60 MetersMenFinal7:00 PMLong JumpMenFinal<							
5:45 PMDistance Medley RelayWomenFinalTIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final1:00 PMWeight ThrowDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal7:00 PMMileMen'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM600 MetersMenSemifinal7:55 PM600 MetersMenSemifinal8:05 PM5000 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong Jump <t< td=""><td></td><td></td><td>Women</td><td></td></t<>			Women				
TIMEWOMEN'S FIELD EVENTSDIVISIONROUND2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/FinalTIMEWOMEN'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinalTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMen <t< td=""><td></td><td></td><td></td><td></td></t<>							
2:00 PMPole VaultWomenFinal4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final TIMEWOMEN'S PENTATHLONDIVISIONROUND 9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal TIMEMEN'S TRACK EVENTSDIVISIONROUND 7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM600 MetersMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMKen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal11:45 AMShot Put (1 ring)MenFinal							
4:00 PMLong JumpWomenPrelim/Final4:00 PMWeight ThrowWomenPrelim/Final TIMEWOMEN'S PENTATHLONDIVISIONROUND 9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal FRIDAY, MACKH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND 7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMMen'S HEPTATHLONDIVISIONROUND 9:30 AM60 MetersMenFinal11:45 AMShot Put (1 ring)MenFinal11:45 AMShot Put (1 ring)MenFinal							
4:00 PMWeight ThrowWomenPrelim/FinalTIMEWOMEN'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal11:45 AMShot Put (1 ring)MenFinal							
TIMEWOMEN'S PENTATHLONDIVISIONROUND9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal							
9:50 AM60 HurdlesWomenFinal11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal FRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND 7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal							
11:00 AMHigh Jump (2 pits)WomenFinal1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:25 PMDistance Medley RelayMenFinal7:00 PMPole VaultMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMMen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal				1			
1:00 PMShot Put (1 ring)WomenFinal2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenPrelim/Final7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenFinal7:00 PMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal							
2:15 PMLong Jump (2 runways)WomenFinal3:40 PM800 MetersWomenFinal3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:25 PM200 MetersMenFinal7:00 PMDistance Medley RelayMenFinal7:00 PMLong JumpMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMMen's HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal		•					
3:40 PM800 MetersWomenFinalFRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMKen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	1:00 PM	•	Women				
FRIDAY, MARCH 10, 2023 - MENTIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:25 PM200 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMKen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	2:15 PM	Long Jump <mark>(2 runways)</mark>	Women	Final			
TIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMGo MetersMenFinal9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	3:40 PM	800 Meters	Women	Final			
TIMEMEN'S TRACK EVENTSDIVISIONROUND7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMGo MetersMenFinal9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal							
7:00 PMMileMenSemifinal7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenFinal8:45 PMDistance Medley RelayMenFinal8:45 PMDistance Medley RelayMenFinal7:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	-	,					
7:15 PM60 MetersMenSemifinal7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM200 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal TIMEMEN'S FIELD EVENTSDIVISIONROUND 6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal		•					
7:25 PM400 MetersMenSemifinal7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenSemifinal8:05 PM200 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal TIMEMEN'S FIELD EVENTSDIVISIONROUND 6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal		-					
7:45 PM800 MetersMenSemifinal7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal TIMEMEN'S FIELD EVENTSDIVISIONROUND 6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMen'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:15 PM	60 Meters	Men				
7:55 PM60 HurdlesMenSemifinal8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinal TIMEMEN'S FIELD EVENTSDIVISIONROUND 6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISION ROUND 9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:25 PM	400 Meters	Men				
8:05 PM5000 MetersMenFinal8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:45 PM	800 Meters	Men	Semifinal			
8:25 PM200 MetersMenSemifinal8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:55 PM	60 Hurdles	Men	Semifinal			
8:45 PMDistance Medley RelayMenFinalTIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	8:05 PM	5000 Meters	Men	Final			
TIMEMEN'S FIELD EVENTSDIVISIONROUND6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final7:00 PMWeight ThrowDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	8:25 PM	200 Meters	Men	Semifinal			
6:00 PMPole VaultMenFinal7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/Final TIMEMEN'S HEPTATHLONDIVISIONROUND 9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	8:45 PM	Distance Medley Relay	Men	Final			
7:00 PMLong JumpMenPrelim/Final7:00 PMWeight ThrowMenPrelim/FinalTIMEMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	TIME	MEN'S FIELD EVENTS	DIVISION	ROUND			
7:00 PMWeight ThrowMenPrelim/FinalTIMEMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	6:00 PM	Pole Vault	Men	Final			
TIMEMEN'S HEPTATHLONDIVISIONROUND9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:00 PM	Long Jump	Men	Prelim/Final			
9:30 AM60 MetersMenFinal10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	7:00 PM	Weight Throw	Men	Prelim/Final			
10:30 AMLong Jump (2 runways)MenFinal11:45 AMShot Put (1 ring)MenFinal	TIME	MEN'S HEPTATHLON	DIVISION	ROUND			
11:45 AM Shot Put (1 ring) Men Final			Men	Final			
11:45 AM Shot Put (1 ring) Men Final	10:30 AM	Long Jump (2 runways)	Men	Final			
1:15 PM High Jump (2 pits) Men Final	11:45 AM	Shot Put <mark>(1 ring)</mark>	Men	Final			
	1:15 PM	High Jump <mark>(2 pits)</mark>	Men	Final			

All times noted are Mountain Time Schedule is subject to change

SATURDAY, MARCH 11, 2023 - WOMEN					
TIME	WOMEN'S TRACK EVENTS	DIVISION	ROUND		
4:00 PM	Mile	Women	Final		
4:10 PM	60 Meters	Women	Final		
4:20 PM	400 Meters	Women	Final		
4:30 PM	800 Meters	Women	Final		
4:40 PM	60 Hurdles	Women	Final		
4:50 PM	200 Meters	Women	Final		
5:00 PM	3000 Meters	Women	Final		
5:20 PM	4x400 Relay	Women	Final		
TIME	WOMEN'S FIELD EVENTS	DIVISION	ROUND		
1:00 PM	High Jump	Women	Final		
3:45 PM	Triple Jump	Women	Prelim/Final		
4:00 PM	Shot Put	Women	Prelim/Final		



SATURDAY, MARCH 11, 2023 - MEN

TIME	MEN'S TRACK EVENTS	DIVISION	ROUND
7:00 PM	Mile	Men	Final
7:10 PM	60 Meters	Men	Final
7:20 PM	400 Meters	Men	Final
7:30 PM	800 Meters	Men	Final
7:40 PM	60 Hurdles	Men	Final
7:50 PM	200 Meters	Men	Final
8:00 PM	3000 Meters	Men	Final
8:20 PM	4x400 Relay	Men	Final
TIME	MEN'S FIELD EVENTS	DIVISION	ROUND
1:00 PM	High Jump	Men	Final
6:45 PM	Triple Jump	Men	Prelim/Final
7:00 PM	Shot Put	Men	Prelim/Final
TIME	MEN'S HEPTATHLON	DIVISION	ROUND
10:30 AM	60 Hurdles	Men	Final
11:30 AM	Pole Vault <mark>(1 pit)</mark>	Men	Final
3:30 PM	1000 Meters	Men	Final

Updated 1/26/2023