



EVENT SCHEDULE January 15, 2023

All Running events will start at the designated time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event. All Field Events will follow schedule below. **This is a rolling schedule.** Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event Official – ONLY** – at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

***IF THERE ARE ONLY ENOUGH PARTICIPANTS FOR ONE HEAT AFTER SEEDING THAT HEAT WILL BE AUTOMATICALLY MOVED TO THE FINALS.**

Running Event Schedule All Timed Finals

Time	Rolling Schedule
10:00AM	
	60 Meter Hurdle Prelims – Starting with 11-12 Year Old Girls thru 17-18 Year Old Boys Prelims
	60 Meter Dash – Starting with 11-12 Year Old Girls – 17-18 Year Old Boys – Prelims
	3000 Meter Run – All Age Groups Combined
	60 Meter Hurdles – Starting with 11-12 Year Old Girls – 17-18 Year Old Boys Finals
	60 Meter Dash – Starting with 11-12 Year Old Girls - 17-18 Year Old Boys Finals
1:00PM	1500 meter Run – Starting with 11-12 Year Old Girls thru 17-18 Year Old Boys
	400 Meter Dash – Starting with 11-12 Year Old Girls thru 17-18 Year Old Boys
	800 Meter Run – Starting with 11-12 Year Old Girls thru 17-18 Year Old Boys
	200 Meter Dash – Starting with 11-12 Year Old Girls thru 17-18 Year Old Boys
	1500 Racewalk All Age Groups Combined
	4x400 Meter Relay – Timed Final – Starting with 11-12 Year Old Girls – 17/18 Year Old Boys