

REVISED AS OF 1/3/2023

Time (CST)	Event	DIVISION	LOCATION	NOTES
Running Events				
7:30 AM-8:55 AM	Warm Ups			
9:00 AM	60m Dash Prelims	High School		Top 8 Times to Finals
9:45 AM	800 Run	High School/Elementary		
10:45 AM	60mH Prelims	High School		Top 8 Times to Finals
11:15 AM	200m Dash Prelims	High School		Top 8 Times to Finals
1:00PM - 2:30 PM	Lunch Break			
2:30 PM	DMR	High School		
3:10 PM	60m Dash Finals	High School/Middle/Elementary		
3:30 PM	400m Dash	High School		
4:45 PM	2 Mile Run	High School		
5:30 PM	60mH Finals	High School		
5:40 PM	200m Dash Finals	High School/Middle		
6:00 PM	1-mile Run	High School/Middle		
7:20 PM	4x400 Relay	High School		
8:00 PM	Projected End Time			

Field Events

9:00 AM	Girls High Jump	Unseeded High School	Backstretch Pit	1.2m Opening Height
9:00 AM	Mixed Long Jump	Middle School		No Min Mark
9:00 AM	Girls Long Jump	High School		4.5m MMM
9:00 AM	Mixed Shot Put	Middle School		No Min Mark
9:00 AM	Girls Pole Vault	High School		2.15m Opening Height
10:00 AM	Girls Shot Put	High School		8.5m MMM
12:00 PM	Boys Shot Put	High School		10.5m MMM
12:00 PM	Boys Long Jump	High School		5.5m MMM
12:00 PM	Boys Pole Vault	High School		2.75m Opening Height
1:00 PM	Girls High Jump	High School	Backstretch Pit	1.4m Opening Height
1:00 PM	Boys High Jump	High School	Scoreboard Pit	1.5m Opening Height
2:00 PM	Girls Weight Throw	High School		No Min Mark
3:00 PM	Girls Triple Jump	High School		9.0m MMM
3:00 PM	Boys Weight Throw	High School		No Min Mark
4:30 PM	Boys Triple Jump	High School		11.5m MMM