

2023 adidas Outdoor Nationals

Friday, June 16th, 2023 (Track open track 7:30am - 9:00am)**RUNNING EVENTS**

9:30 AM	Girls and Boys	Championship	Racewalk	Final on Time
10:00 AM	Girls	National Elite	4x800m Relay	Final on Time
10:15 AM	Boys	National Elite	4x800m Relay	Final on Time
10:30 AM EST	Girls	Championship	100m Hurdles Heptathlon	
10:40 AM	Girls	Middle School	100m Hurdles	Final on Time
10:50 AM	Boys	Middle School	100m Hurdles	Final on Time
11:00 AM	Girls	National Elite	100m Hurdles	Semi-Final (Top 8 to final)
11:15 AM	Girls	Championship	100m Hurdles	Quarter-Final (Top 16 to Semi)
11:35 AM	Boys	National Elite	110m Hurdles	Semi-Final (Top 8 to final)
11:55 AM	Boys	Championship	110m Hurdles	Quarter-Final (Top 16 to Semi)
12:15 PM	Girls	National Elite	One Mile run	Final on Time
12:30 PM	Boys	National Elite	One Mile run	Final on Time
1:00 PM EST	Girls	Championship	200m Heptathlon	
12:50 PM	Girls	National Elite	100m Dash	Semi-Final (Top 8 to final)
1:10 PM	Boys	National Elite	100m Dash	Semi-Final (Top 8 to final)
1:30 PM	Girls	Championship	100m Dash	Quarter-Final (Top 16 to Semi)
1:50 PM	Boys	Championship	100m Dash	Quarter-Final (Top 16 to Semi)
2:10 PM	Girls	Championship	1000m Swedish Relay	Final on Time
2:25 PM	Boys	Championship	1000m Swedish Relay	Final on Time
2:40 PM	Girls	National Elite	4x200m Relay	Final on Time
2:55 PM	Boys	National Elite	4x200m Relay	Final on Time
3:10 PM	Girls	Freshman	100m Dash	Semi-Final (Top 8 to final)
3:30 PM	Boys	Freshman	100m Dash	Semi-Final (Top 8 to final)
3:45 PM	Girls	National Elite	100m Hurdles	Final
3:55 PM	Boys	National Elite	110m Hurdles	Final
4:05 PM	Girls	Freshman	400m Dash	Final on Time
4:15 PM	Boys	Freshman	400m Dash	Final on Time

CONT Friday, June 16th, 2023**RUNNING EVENTS CONT**

4:25 PM	Girls	National Elite	400m Dash	Final on Time
4:45 PM	Boys	National Elite	400m Dash	Final on Time
5:05 PM	Girls	Freshman	100m Dash	Final
5:10 PM	Boys	Freshman	100m Dash	Final
5:15 PM	Girls	National Elite	100m Dash	Final
5:20 PM	Boys	National Elite	100m Dash	Final
5:30 PM	Girls	Middle School	Two Mile Run	Final on Time
5:55 PM	Boys	Middle School	Two Mile Run	Final on Time
6:15 PM	Girls	National Elite	1600 Sprint Medley Relay	Final on Time
6:35 PM	Boys	National Elite	1600 Sprint Medley Relay	Final on Time
6:55 PM	Girls	Freshman	2 Mile Run	Final on Time
7:10 PM	Boys	Freshman	2 Mile Run	Final on Time
7:30 PM	Mixed	Championship	4x400m Relay	Final on Time
7:40 PM	Girls	Championship	5000m Run	Final on Time
8:00 PM	Boys	Championship	5000m Run	Final on Time

Friday, June 16th, 2023**FIELD EVENTS****Horizontal Runways**

12:00 PM	Girls	Freshman	Long Jump	
2:00 PM	Boys	Freshman	Long Jump	
2:00 PM	Girls	National Elite	Triple Jump	
4:00 PM	Boys	National Elite	Triple Jump	

Shot Put Ring

12:00 PM	Boys	Freshman	Shot Put	
2:20 PM EST	Girls	Championship	Shot Put Heptatlon	
3:15 PM	Girls	Freshman	Shot Put	

Pole Vault Pits

12:00 PM	Girls	National Elite	Pole Vault	
4:00 PM	Boys	National Elite	Pole Vault	

High Jump Apron

12:40 PM ES	Girls	Championship	High Jump Heptatlon	
2:00 PM	Girls	Middle School	High Jump	
4:00 PM	Boys	Middle School	High Jump	

CONT Friday, June 16th, 2023**FIELD EVENTS CONT****Javelin Runway**

12:00 PM	Boys	Championship	Javelin	
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2:00 PM	Girls	Championship	Javelin	
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Discuss/Hammer Ring

12:00 PM	Boys	Middle School	Discuss	
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2:00 PM	Girls	Middle School	Discuss	
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3:00 PM	Girls	National Elite	Discuss	
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5:00PM	Boys	National Elite	Discuss	
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Saturday, June 17th, 2023 (Track open track 7:30am - 9:00am)**RUNNING EVENTS**

9:30 AM	Girls	National Elite	4x100m Relay	Semi-Final (Top 8 to final)
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9:50 AM	Boys	National Elite	4x100m Relay	Semi-Final (Top 8 to final)
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10:10 AM	Girls	Championship	4x200m Relay	Final on Time
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10:20 AM	Boys	Championship	4x200m Relay	Final on Time
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10:30 AM	Boys	Championship	100m Decathlon	
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10:35 AM	Girls	Middle School	100m Dash	Semi-Final (Top 8 to final)
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10:50 AM	Boys	Middle School	100m Dash	Semi-Final (Top 8 to final)
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11:10 AM	Girls	Championship	100m Dash	Semi-Final (Top 8 to final)
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11:30 AM	Boys	Championship	100m Dash	Semi-Final (Top 8 to final)
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11:50 AM	Girls	Freshman	100m Hurdles	Final on Time
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11:55 AM	Girls	Championship	100m Hurdles	Semi-Final (Top 8 to final)
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12:10 PM	Boys	Freshman	110m Hurdles	Final on Time
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12:15 PM	Boys	Championship	110m Hurdles	Semi-Final (Top 8 to final)
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12:25 PM	Girls	National Elite	200m Dash	Semi-Final (Top 8 to final)
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12:55 PM	Boys	National Elite	200m Dash	Semi-Final (Top 8 to final)
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1:25 PM	Girls	Championship	2000m SteepleChase	Final on Time
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1:35 PM	Boys	Championship	2000m SteepleChase	Final on Time
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1:45 PM	Girls	Championship	1600m Medley Relay	Final on Time
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1:55 PM	Boys	Championship	1600m Medley Relay	Final on Time
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2:05 PM EST	Girls	Championship	800m Heptathlon	
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2:15 PM	Girls	Middle School	100m Dash	Final
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2:20 PM	Boys	Middle School	100m Dash	Final
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CONT Saturday, June 17th, 2023 (Track open track 7:30am - 9:00am)**RUNNING EVENTS**

2:30 PM	Girls	Championship	100m Dash	Final
2:40 PM	Boys	Championship	100m Dash	Final
2:45 PM	Girls	Middle School	One Mile Run	Final on Time
3:00 PM	Boys	Middle School	One Mile Run	Final on Time
3:20 PM	Girls	Freshman	One Mile Run	Final on Time
3:30 PM	Boys	Freshman	One Mile Run	Final on Time

Saturday, June 17th, 2023**RUNNING EVENTS CONT**

3:40 PM	Girls	Championship	4 x Shuttle Hurdle Relay	Final on Time
4:10 PM	Boys	Championship	4 x Shuttle Hurdle Relay	Final on Time
4:20 PM	Girls	Middle School	4x100m Relay	Final on Time
4:30 PM	Boys	Middle School	4x100m Relay	Final on Time
4:35 PM	Girls	National Elite	4x100m Relay	Final
4:40 PM	Boys	National Elite	4x100m Relay	Final
4:50 PM	Girls	Championship	4x100m Relay	Semi-Final (Top 8 to final)
5:00 PM	Boys	Championship	4x100m Relay	Semi-Final (Top 8 to final)
5:30 PM EST	Boys	Championship	400m Decathlon	
5:35 PM	Girls	Middle School	200m Dash	Final on Time
5:55 PM	Boys	Middle School	200m Dash	Final on Time
6:15 PM	Girls	Freshman	200m Dash	Final on Time
6:35 PM	Boys	Freshman	200m Dash	Final on Time
6:55 PM	Boys	Championship	110m Hurdles	Final
7:05 PM	Girls	Championship	100m Hurdles	Final
7:10 PM	Girls	National Elite	800m Sprint Medley Relay	Final on Time
7:20 PM	Boys	National Elite	800m Sprint Medley Relay	Final on Time
7:35 PM	Girls	Championship	4x800m Relay	Final on Time
7:45 PM	Boys	Championship	4x800m Relay	Final on Time
7:55 PM	Girls	National Elite	200m Dash	Final
8:15 PM	Boys	National Elite	200m Dash	Final

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CONT Saturday, June 17th, 2023**RUNNING EVENTS CONT**

8:35 PM	Girls	National Elite	Two Mile Run	Final on Time
8:50 PM	Boys	National Elite	Two Mile Run	Final on Time
9:05 PM	Girls	Championship	Two Mile Run	Final on Time
9:15 PM	Boys	Championship	Two Mile Run	Final on Time

Saturday, June 17th, 2023**FIELD EVENTS****Shot Put Ring**

9:00 AM	Boys	National Elite	Shot Put	
12:30 PM	Boys	Championship	Shot Put Decathlon	
1:30 PM	Boys	Middle School	Shot Put	
3:30 PM	Boys	Championship	Shot Put	

Pole Vault Pits

9:00 AM	Boys	Middle School	Pole Vault	
12:30 PM	Girls	Middle School	Pole Vault	
3:30 PM	Girls	Championship	Pole Vault	

Javelin Runway

12:00 PM	Girls	Championship	Javelin Heptathlon	
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High Jump Apron

10:30 AM	Girls	National Elite	High Jump	
1:45 PM	Boys	Championship	High Jump Decathlon	
3:30 PM	Boys	National Elite	High Jump	

Discuss/Hammer Ring

9:30 AM	Girls	Championship	Discuss	
12:30 PM	Boys	Championship	Hammer	

Horizontal Runways

10:30 AM	Girls	Championship	Long Jump Heptathlon	Pit 1
9:30 AM	Girls	Middle School	Long Jump	Pit 2
11:45 AM	Boys	Championship	Long Jump Decathlon	Pit 1
11:30 PM	Boys	Middle School	Long Jump	Pit 2
1:30 PM	Girls	Championship	Triple Jump	Pit 2
3:30 PM	Boys	Championship	Triple Jump	Pit 2

Sunday, June 18th, 2023**Open Track 7:00am - 7:50am & 8:05am - 8:30am****RUNNING EVENTS**

8:00 AM	Boys	Championship	110m Hurdles Decathlon	
8:35 AM	Girls	Middle School	800m Run	Final on Time
8:45 AM	Boys	Middle School	800m Run	Final on Time
8:55 AM	Girls	Freshman	800m Run	Final on Time
9:00 AM	Boys	Freshman	800m Run	Final on Time
9:05 AM	Girls	National Elite	800m Run	Final on Time
9:15 AM	Boys	National Elite	800m Run	Final on Time
9:35 AM	Girls	National Elite	400m Hurdles	Final on Time
9:50 AM	Girls	Championship	400m Hurdles	Final on Time
10:05 AM	Boys	National Elite	400m Hurdles	Final on Time
10:20 AM	Boys	Championship	400m Hurdles	Final on Time
10:30 AM	Girls	Championship	200m Dash	Semi-Final (Top 8 to final)
10:40 AM	Boys	Championship	200m Dash	Semi-Final (Top 8 to final)
10:50 AM	Girls	Middle School	400m Dash	Final on Time
11:10 AM	Boys	Middle School	400m Dash	Final on Time
11:25 AM	Girls	National Elite	4x400m Relay	Final on Time
11:35 AM	Boys	National Elite	4x400m Relay	Final on Time

CELEBRATION CEREMONY

12:30 PM	Girls	Championship	400m Dash	Final
12:40 PM	Boys	Championship	400m Dash	Final
12:50 PM	Girls	Championship	4x100m Relay	Final
1:00 PM	Boys	Championship	4x100m Relay	Final
1:05 PM	Girls	Championship	800m Run	Final
1:17 PM	Boys	Championship	800m Run	Final
1:24 PM	Girls	Championship	One Mile Run	Final
1:34 PM	Boys	Championship	One Mile Run	Final
1:45 PM	Girls	Championship	200m Dash	Final
1:55 PM	Boys	Championship	200m Dash	Final

CONT Sunday, June 18th, 2023**RUNNING EVENTS**

2:00 PM EST	Boys	Championship	1500m Decathlon	
2:10 PM	Girls	Championship	4000 Distance Medley Relay	Final on Time
2:25 PM	Boys	Championship	4000 Distance Medley Relay	Final on Time
2:40 PM	Girls	Championship	4x400m Relay	Final on Time
2:45 PM	Boys	Championship	4x400m Relay	Final on Time

Sunday, June 18th, 2023**FIELD EVENTS****Horizontal Runways**

9:00 AM	Boys	National Elite	Long Jump	Pit 1
9:00 AM	Girls	National Elite	Long Jump	Pit 2
12:00 PM	Girls	Championship	Long Jump	Pit 1
12:00 PM	Boys	Championship	Long Jump	Pit 2

Shot Put Ring

8:00 AM	Girls	Middle School	Shot Put	
10:00 AM	Girls	National Elite	Shot Put	
1:00 PM	Girls	Championship	Shot Put	

Javelin Runway

12:00 PM	Boys	Championship	Javelin Decathlon	
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Discuss/Hammer Ring

8:40 AM	Boys	Championship	Discus Decathlon	
11:00 AM	Girls	Championship	Hammer	
1:00 PM	Boys	Championship	Discus	

Pole Vault Pit

10:00 AM	Boys	Championship	Pole Vault Decathlon	
12:00 PM	Boys	Championship	Pole Vault	

High Jump Apron

9:00 AM	Boys	Championship	High Jump	
12:00 PM	Girls	Championship	High Jump	