

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	
10:45 AM	Girls	Middle School	100m Hurdles	Final on Time
10:55 AM	Boys	Middle School	100m Hurdles	Final on Time
11:10 AM	Girls	National Elite	100m Hurdles	Semi-Final (Top 8 to final)
11:25 AM	Boys	National Elite	110m Hurdles	Semi-Final (Top 8 to final)
11:50 AM	Girls	National Elite	One Mile run	Final on Time
12:05 PM	Boys	National Elite	One Mile run	Final on Time
12:20 PM	Girls	National Elite	100m Dash	Semi-Final (Top 8 to final)
12:55 PM	Boys	National Elite	100m Dash	Semi-Final (Top 8 to final)
1:10PM EST	Girls	Championship	200m Heptathlon	
1:25 PM	Girls	Championship	100m Dash	Prelims (Top 16 to Semi)
1:45 PM	Boys	Championship	100m Dash	Prelims (Top 16 to Semi)
2:00 PM	Girls	Championship	1000m Swedish Relay	Final on Time
2:15 PM	Boys	Championship	1000m Swedish Relay	Final on Time
2:25 PM	Girls	National Elite	4x200m Relay	Final on Time
2:40 PM	Boys	National Elite	4x200m Relay	Final on Time
3:00 PM	Girls	Freshman	100m Dash	Semi-Final (Top 8 to final)
3:15 PM	Boys	Freshman	100m Dash	Semi-Final (Top 8 to final)
3:50 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
4:20 PM	Boys	Freshman	400m Dash	Final on Time
4:30 PM	Girls	National Elite	400m Dash	Final on Time
4:55 PM	Boys	National Elite	400m Dash	Final on Time
5:25 PM	Girls	Freshman	100m Dash	Final
5:35 PM	Boys	Freshman	100m Dash	Final

CONT Friday, June 16th, 2023				
RUNNING EVENTS CONT				
5:40 PM	Girls	National Elite	100m Dash	Final
5:45 PM	Boys	National Elite	100m Dash	Final
5:50 PM	Girls	Middle School	Two Mile Run	Final on Time
6:03 PM	Boys	Middle School	Two Mile Run	Final on Time
6:20 PM	Girls	National Elite	1600 Sprint Medley Relay	Final on Time
6:25 PM	Boys	National Elite	1600 Sprint Medley Relay	Final on Time
6:35 PM	Girls	Freshman	2 Mile Run	Final on Time
6:50 PM	Boys	Freshman	2 Mile Run	Final on Time
7:05 PM	Mixed	Championship	4x400m Relay	Final on Time
7:10 PM	Girls	Championship	5000m Run	Final on Time
7:30 PM	Boys	Championship	5000m Run	Final on Time
Friday, June 16th, 2023				
FIELD EVENTS				
Horizontal Runways				
12:00 PM	Girls	Freshman	Long Jump	Pit A
12:00 PM	Boys	Freshman	Long Jump	Pit B
3:00 PM	Girls	National Elite	Triple Jump	Pit A
4:00 PM	Boys	National Elite	Triple Jump	Pit B
Shot Put Ring				
11:00 AM	Boys	Freshman	Shot Put	
12:20PM EST	Girls	Championship	Shot Put Heptatlon	
3:15 PM	Girls	Freshman	Shot Put	
Pole Vault Pits				
12:00 PM	Girls	National Elite	Pole Vault	2 Pits
4:00 PM	Boys	National Elite	Pole Vault	2 Pits
High Jump Apron				
11:10 AM EST	Girls	Championship	High Jump Heptatlon	
2:00 PM	Girls	Middle School	High Jump	
4:00 PM	Boys	Middle School	High Jump	
Javelin Runway				
11:00 AM	Girls	National Elite	Javelin	
12:00 PM	Boys	Championship	Javelin	
2:00 PM	Girls	Championship	Javelin	
Discus/Hammer Ring				
10:00 PM	Boys	Middle School	Discus	
12:00 PM	Girls	Middle School	Discus	
2:00 PM	Girls	National Elite	Discus	
5:00 PM	Boys	National Elite	Discus	

Saturday, June 17th, 2023 (Track open track 7:30am - 9:00am)				
<u>RUNNING EVENTS</u>				
9:30 AM	Girls	National Elite	4x100m Relay	Semi-Final (Top 8 to final)
9:50 AM	Boys	National Elite	4x100m Relay	Semi-Final (Top 8 to final)
10:15 AM	Girls	Championship	4x200m Relay	Final on Time
10:20 AM	Boys	Championship	4x200m Relay	Final on Time
10:30 AM	Boys	Championship	100m Decathlon	
10:35 AM	Girls	Middle School	100m Dash	Semi-Final (Top 8 to final)
11:05 AM	Boys	Middle School	100m Dash	Semi-Final (Top 8 to final)
11:30 AM	Girls	Championship	100m Dash	Semi-Final (Top 8 to final)
11:35 AM	Boys	Championship	100m Dash	Semi-Final (Top 8 to final)
11:45 AM	Girls	Freshman	100m Hurdles	Final on Time
11:50 AM	Girls	Championship	100m Hurdles	Semi-Final (Top 8 to final)
12:00 PM	Boys	Freshman	110m Hurdles	Final on Time
12:05 PM	Boys	Championship	110m Hurdles	Semi-Final (Top 8 to final)
12:20 PM	Girls	National Elite	200m Dash	Semi-Final (Top 8 to final)
12:50 PM	Boys	National Elite	200m Dash	Semi-Final (Top 8 to final)
1:00PM EST	Girls	Championship	800m Heptathlon	
1:35 PM	Girls	Championship	2000m SteepleChase	Final on Time
1:50 PM	Boys	Championship	2000m SteepleChase	Final on Time
2:00 PM	Girls	Championship	1600m Medley Relay	Final on Time
2:08 PM	Boys	Championship	1600m Medley Relay	Final on Time
2:15 PM	Girls	Middle School	100m Dash	Final
2:20 PM	Boys	Middle School	100m Dash	Final
2:30 PM	Girls	Championship	100m Dash	Final
2:35 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
3:45pm EST	Boys	Championship	400m Decathlon	

Saturday, June 17th, 2023				
<u>RUNNING EVENTS CONT</u>				
4:00 PM	Girls	Championship	4 x Shuttle Hurdle Relay	Final on Time
4:15 PM	Boys	Championship	4 x Shuttle Hurdle Relay	Final on Time
4:25 PM	Girls	Middle School	4x100m Relay	Final on Time
4:35 PM	Boys	Middle School	4x100m Relay	Final on Time
4:45 PM	Girls	National Elite	4x100m Relay	Final
4:55 PM	Boys	National Elite	4x100m Relay	Final
5:05 PM	Girls	Championship	4x100m Relay	Semi-Final (Top 8 to final)
5:20 PM	Boys	Championship	4x100m Relay	Semi-Final (Top 8 to final)
5:35 PM	Girls	Middle School	200m Dash	Final on Time
6:05 PM	Boys	Middle School	200m Dash	Final on Time
6:25 PM	Girls	Freshman	200m Dash	Final on Time
6:50 PM	Boys	Freshman	200m Dash	Final on Time
7:05 PM	Boys	Championship	110m Hurdles	Final
7:10 PM	Girls	Championship	100m Hurdles	Final
7:15 PM	Girls	National Elite	800m Sprint Medley Relay	Final on Time
7:30 PM	Boys	National Elite	800m Sprint Medley Relay	Final on Time
7:45 PM	Girls	National Elite	200m Dash	Final
7:50 PM	Boys	National Elite	200m Dash	Final
7:55 PM	Girls	National Elite	Two Mile Run	Final on Time
8:10 PM	Boys	National Elite	Two Mile Run	Final on Time
8:25 PM	Girls	Championship	Two Mile Run	Final on Time
8:40 PM	Boys	Championship	Two Mile Run	Final on Time
Saturday, June 17th, 2023				
<u>FIELD EVENTS</u>				
Shot Put Ring				
9:00 AM	Boys	National Elite	Shot Put	
12:00 PM EST	Boys	Championship	Shot Put Decathlon	
1:30 PM	Boys	Middle School	Shot Put	
4:30 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	

CONT Saturday, June 17th, 2023				
FIELD EVENTS				
Javelin Runway				
11:45 AM EST	Girls	Championship	Javelin Heptathlon	
High Jump Apron				
10:00 AM	Girls	National Elite	High Jump	
1:45 PM	Boys	Championship	High Jump Decathlon	
3:30 PM	Boys	National Elite	High Jump	
Discus/Hammer Ring				
9:30 AM	Girls	Championship	Discus	
12:30 PM	Boys	Championship	Hammer	
2:00 PM	Girls	National Elite	Hammer	
Horizontal Runways				
10:30 AM	Girls	Championship	Long Jump Heptathlon	Pit A
9:30 AM	Girls	Middle School	Long Jump	Pit B
11:15 AM EST	Boys	Championship	Long Jump Decathlon	Pit A
11:30 PM	Boys	Middle School	Long Jump	Pit B
1:30 PM	Girls	Championship	Triple Jump	Pit B
3:30 PM	Boys	Championship	Triple Jump	Pit B
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
9:05 AM	Girls	Freshman	800m Run	Final on Time
9:10 AM	Boys	Freshman	800m Run	Final on Time
9:25 AM	Girls	National Elite	800m Run	Final on Time
9:40 AM	Boys	National Elite	800m Run	Final on Time
10:05 AM	Girls	National Elite	400m Hurdles	Final on Time
10:20 AM	Girls	Championship	400m Hurdles	Final on Time
10:30 AM	Boys	National Elite	400m Hurdles	Final on Time
10:45 AM	Boys	Championship	400m Hurdles	Final on Time
11:00 AM	Girls	Championship	200m Dash	Semi-Final (Top 8 to final)
11:15 AM	Boys	Championship	200m Dash	Semi-Final (Top 8 to final)
11:25 AM	Girls	Middle School	400m Dash	Final on Time
11:45 AM	Boys	Middle School	400m Dash	Final on Time

CONT Sunday, June 18th, 2023				
<u>RUNNING EVENTS</u>				
12:05 PM	Girls	National Elite	4x400m Relay	Final on Time
12:10 PM	Boys	National Elite	4x400m Relay	Final on Time
<u>CELEBRATION CEREMONY</u>				
12:45 PM	Girls	Championship	400m Dash	Final
12:53 PM	Boys	Championship	400m Dash	Final
1:00pm EST	Boys	Championship	1500m Decathlon	
1:10 PM	Girls	Championship	4x100m Relay	Final
1:20 PM	Boys	Championship	4x100m Relay	Final
1:25 PM	Girls	Championship	800m Run	Final
1:33 PM	Boys	Championship	800m Run	Final
1:40 PM	Girls	Championship	One Mile Run	Final
1:45 PM	Boys	Championship	One Mile Run	Final
1:55 PM	Girls	Championship	200m Dash	Final
2:00 PM	Boys	Championship	200m Dash	Final
2:20 PM	Girls	Championship	4000 Distance Medley Relay	Final on Time
2:35 PM	Boys	Championship	4000 Distance Medley Relay	Final on Time
2:50 PM	Girls	Championship	4x400m Relay	Final on Time
2:55 PM	Boys	Championship	4x400m Relay	Final on Time
Sunday, June 18th, 2023				
<u>FIELD EVENTS</u>				
<u>Horizontal Runways</u>				
8:30 AM	Boys	National Elite	Long Jump	Pit B
9:00 AM	Girls	National Elite	Long Jump	Pit A
12:00 PM	Girls	Championship	Long Jump	Pit A
12:00 PM	Boys	Championship	Long Jump	Pit B
<u>Shot Put Ring</u>				
8:00 AM	Girls	Middle School	Shot Put	
10:00 AM	Girls	National Elite	Shot Put	
1:00 PM	Girls	Championship	Shot Put	
<u>Javelin Runway</u>				
12:00 PM	Boys	Championship	Javelin Decathlon	
<u>Discus/Hammer Ring</u>				
8:40 AM	Boys	Championship	Discus Decathlon	
11:00 AM	Girls	Championship	Hammer	
1:00 PM	Boys	Championship	Discus	

CONT Sunday, June 18th, 2023				
FIELD EVENTS				
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	

06/13/2023