

Friday, June 16, 2023			
Time	Event	Divisions	Round
TRACK EVENTS			
3:00 PM EDT rolling schedule thereafter	1500m Race Walk	9-10, 11-12 (boys then girls) groups may be combined	finals
	3000m Race Walk	13-14, 15-16, 17-18 (boys then girls) groups may be combined	finals
	200m Hurdles	13-14 (boys then girls)	finals
	400m Hurdles	15-16, 17-18 (boys then girls)	finals
	2000m Steeplechase	13-14, 15-16, 17-18	finals
	4x800m Relay	11-12, 13-14, 15-16, 17-18 (boys then girls) groups may be combined	finals
FIELD EVENTS			
1:30 PM EDT	Hammer Throw	15-16, 17-18 (girls then boys)	finals
3:00 PM EDT	Triple Jump	13-14, 15-16, 17-18 (girls then boys)	finals
3:00 PM EDT	Javelin Throw	13-14, 15-16 girls, 17-18 girls, 15-16 boys, 17-18 boys	finals
3:00 PM EDT	Pole Vault	13-14, 15-16, 17-18 (boys)	finals
5:00 PM EDT	Pole Vault	13-14, 15-16, 17-18 (girls)	finals
Saturday, June 17, 2023			
Time	Event	Divisions	Round
TRACK EVENTS			
9:30 AM EDT rolling schedule thereafter	3000m	11-12, 13-14, 15-16, 17-18 (boys then girls)	finals
	80m/100m/110m Hurdles	11-12, 13-14, 15-16, 17-18	trials
	100m	all age divisions (boys then girls by age group, youngest to oldest to include Para)	trials
	800m	all age divisions (boys then girls by age group, youngest to oldest)	finals
	100m	all age divisions (boys then girls by age group, youngest to oldest)	finals
	80m/100m/110m Hurdles	11-12, 13-14, 15-16, 17-18	finals
	4x100m Relay	all age divisions (boys then girls by age group, youngest to oldest)	finals
	400m	all age divisions (boys then girls by age group, youngest to oldest to include Para)	finals
	1500m	all age divisions (boys then girls by age group, youngest to oldest to include Para)	finals
	50m	pee wee fun run (6 and under, parents welcome to run with kids)	finals
	200m	all age divisions (boys then girls by age group, youngest to oldest)	timed finals
	4x400m Relay	all age divisions (boys then girls by age group, youngest to oldest)	finals
FIELD EVENTS			
8:30 AM EDT	Long Jump	8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 (girls)	finals
9:30 AM EDT	High Jump	9-10, 11-12, 13-14, 15-16, 17-18 (boys)	finals
9:30 AM EDT	Shot Put	8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 (girls)	finals
9:30 AM EDT	Discus Throw	11-12, 13-14, 15-16, 17-18 (boys)	finals
12:00 PM EDT	Para Shot Put	All ages and categories	finals
12:30 PM EDT	Long Jump	8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 (boys)	finals
1:30 PM EDT	Discus Throw	11-12, 13-14, 15-16, 17-18 (girls)	finals
1:30 PM EDT	High Jump	9-10, 11-12, 13-14, 15-16, 17-18 (girls)	finals
1:30 PM EDT	Shot Put	8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 (boys)	finals
1:30 PM EDT	Mini Javelin Throw (In Stadium)	8 & Under, 9-10, 11-12 (boys then girls)	finals