SCHEDULE CHAMPIONSHIPS 2023

10:00 START RUNNING EVENTS 10:00 FIELD EVENT

3200M GIRLS. 3200M BOYS GIRLS JAVELIN

100 H GIRLS TRIALS. 110H BOYS TRIALS GIRLS DISCUS

100M GIRLS TRIALS 100M BOYS TRIALS BOYS SHOT

MEDLEY GIRLS MEDLEY BOYS GIRLS LONG JUMP

200M GIRLS TRIALS 200M BOYS TRIALS. BOYS HIGH JUMP

LUNCH BREAK

1:00 START RUNNING EVENTS 1:00 FIELD EVENTS

100H GIRLS FINAL 110H BOYS FINAL BOYS DISCUS

100M GIRLS FINAL 100M BOYS FINALS BOYS JAVELIN

1600M GIRLS 1600 M BOYS GIRLS SHOT

4X100 GIRLS. 4X100 BOYS FINALS

400M GIRLS FINALS 400M BOYS FINALS GIRLS HIGH JUMP

300H GIRLS FINALS 300M BOYS FINALS BOYS LONG JUMP 800M GIRLS 800M BOYS

200 GIRLS FINAL 200 BOYS FINAL

4X400 GIRLS 4X400 BOYS