

Revised March 19, 2023

Tuesday Day 1

Time	Event	Class	Gender	Status
9:00AM	1500M	3	Girls	Prelims
9:20AM	1500M	3	Boys	Prelims
9:40AM	1500M	2	Girls	Prelims
9:44AM	Long Jump	1	Boys	Prelims
9:47AM	High Jump	1	Girls	Prelims
9:50AM	Javelin	Open	Girls	Prelims
10:00AM	1500M	2	Boys	Prelims
10:20AM	1500M	1	Girls	Prelims
10:40AM	1500M	1	Boys	Prelims
11:15AM	400M	3	Girls	Prelims
11:50AM	400M	3	Boys	Prelims
11:14AM	400M	2	Girls	Prelims
11:49AM	400M	2	Boys	Prelims
12:15PM	Shot Put	2	Girls	Prelims
12:18PM	400M	1	Girls	Prelims
12:21PM	Long Jump	2	Girls	Prelims
12:53PM	400M	1	Boys	Prelims

Break

2:20PM	Long Jump	2	Boys	Prelims
2:22PM	Discus	1	Girls	Prelims
2:25PM	100M	4	Girls	Prelims
3:00PM	100M	3	Girls	Prelims
3:35PM	100M	3	Boys	Prelims
4:10PM	100M	2	Girls	Prelims
4:45PM	100M	2	Boys	Prelims
5:20PM	100M	1	Girls	Prelims
5:55PM	100M	1	Boys	Prelims

Opening Ceremony

6:55PM	400M Hurdles	Open	Girls	Prelims
7:20PM	400M Hurdles	2	Boys	Prelims
7:45PM	400M Hurdles	1	Boys	Prelims

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Day 2 Wednesday

Time	Event	Class	Gender	Status	
9:00AM	100M Dec	Open	Male	Event # 1	15
9:03AM	Long Jump	4	Girls	Prelims	24
9:06AM	High Jump	3	Girls	Prelims	24
9:09AM	Javelin	Open	Boys	Prelims	30
9:33 am	Shot Put	1	Girls	Prelims	30
9:45 am	400M	3	Girls	Semi-Final	18
10:03AM	400M	3	Boys	Semi-Final	18
10:21AM	400M	2	girls	Semi-Final	18
10:39AM	400M	2	Boys	Semi-Final	18
10:57AM	400M	1	Girls	Semi-Final	18
11:00AM	Long Jump Dec	Open	Boys	Event # 2	
11:03AM	High Jump	2	Girls	Prelims	24
11:15AM	400M	1	Boys	Semi-Final	18

Break

1:00PM	Shot Put Dec	Open	Boys	Event # 3	
2:00PM	Discus	1	Boys	Prelims	24
2:05PM	Long Jump	2	Boys	Final	12
2:30PM	Shot Put	2	Girls	Final	12
3:00PM	High jump Dec	1	Boys	Event # 4	
3:30PM	1500M	3	Girls	Final	8
3:38PM	1500M	3	Boys	Final	8
3:46PM	1500M	2	Girls	Final	8
3:54PM	1500M	2	Boys	Final	8
4:02PM	1500M	1	Girls	Final	8
4:10PM	1500M	1	Boys	Final	8
4:23PM	Discus	3	Girls	Prelims	24

4:35PM Presentation
LJ CI 2 boys & SP CI 2 Girls

4:50PM Western union

5:00PM	400M Dec	Open	Boys	Event #5	
5:12PM	100M	4	Girls	Semi-final	18
5:24PM	100M	3	Girls	Semi-final	18
5:36PM	100M	3	Boys	Semi-final	18
5:48PM	100M	2	Girls	Semi-final	18
6:00PM	100M	2	Boys	Semi-final	18
6:12 pm	100M	1	Girls	Semi-final	18
6:24PM	100M	1	Boys	Semi-final	18

6:36PM	High Jump	3	Boys	Prelims	24
6:40PM	Presentation Girls CI 3, 2 & 1 1500M Boys CI 2 & 1 1500M				
6:52PM	Long Jump	1	Boys	Final	12
6:56PM	Discus	1	Girls	Final	12
7:27PM	100M	4	Girls	Final	549
7:39PM	100M	3	Girls	Final	
7:51PM	100M	3	Boys	Final	
8:01PM	100M	2	Girls	Final	
8:17PM	Presentation Girls CI 4,3 & 2 Boys CI 3				
8:37PM	Western Union				
8:45PM	100M	2	Boys	Final	
8:50PM	100M	1	Girls	Final	
8:55PM	100M	1	Boys	Final	
9:00PM	Presentation Girls CI 1 100M & Disc Boys CI 2, 1 100M & CI 1 LJ				

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Day 3 Thursday

Time	Event	Class	Gender	Status	
9:00AM	110H Dec	Open	Boys	Event # 6	15
9:03 am	Triple Jump	1	Boys	Prelims	24
9:06 am	Shot Put	2	Boys	Prelims	30
9:09AM	Discus	2	Girls	Prelims	30
9:20 am	200M	4	Girls	Prelim	64
9:23AM	High Jump	4	Girls	Prelim	24
9:52AM	200M	3	Girls	Prelim	64
10:24AM	200M	3	Boys	Prelim	64
10:56AM	200M	2	Girls	Prelim	64
10:58AM	Long Jump	3	Boys	Prelim	24
11:00AM	Discus Dec	Open	Boys	Event # 7	
11:28AM	200M	2	Boys	Prelim	64
12:02 pm	High Jump	3	Girls	Final	8
12:03PM	200M	1	Girls	Prelim	64
12:35PM	200M	1	Boys	Prelim	64
1:03PM	Pole Vault Dec	Open	Boys	Event # 8	

Break

2:30PM	Javelin Dec	Open	Boys	Event # 9	
2:33PM	High Jump	3	Boys	Final	8
2:35PM	Presentation Girls HJ Cl 3				
2:42PM	Long Jump	1	Girls	Prelims	24
2:44PM	4 x 100M Relay	4	Girls	Prelims	32
3:09PM	4 x 100M Relay	3	Girls	Prelims	32
3:34PM	4 x 100M Relay	3	Boys	Prelims	32
3:59PM	4 x 100M Relay	2	Girls	Prelims	32
4:24PM	4 x 100M Relay	2	Boys	Prelims	32
4:49PM	4 x 100M Relay	1	Girls	Prelims	32
4:52PM	Javelin	Open	Girls	Final	
5:14PM	4 x 100M Relay	1	Boys	Prelims	32
5:17PM	Long Jump	4	Girls	Final	8
5:39PM	1500M Dec	Open	Boys	Event # 10	
5:42PM	High Jump	2	Boys	Prelims	24
5:52PM	Presentation HJ Cl 3 Boys				
6:07PM	800M	3	Girls	Prelims	48
6:32PM	800M	3	Boys	Prelims	32
6:57PM	800M	2	Girls	Prelims	32

7:22PM	800M	2	Boys	Prelims	24
7:47PM	800M	1	Girls	Prelims	24
7:50PM	Discus	1	Boys	Final	8
8:12PM	800M	1	Boys	Prelims	24
8:15PM	Long Jump	2	Girls	Final	8
8:18PM	Shot Put	2	Boys	Final	8
8:37PM	Presentation Dec Boys / Jav Girls & LJ Cl 4 girls Disc Cl 1 boys/ LJ Cl 2Girls				
8:52PM	400M	3	Girls	Final	8
9:00PM	400M	3	Boys	Final	8
9:08PM	400M	2	Girls	Final	8
9:15PM	400M	2	Boys	Final	8
9:17PM	Presentation SP Cl 2 Boys				
9:22PM	400M	1	Girls	Final	8
9:30PM	400M	1	Boys	Final	8
9:35PM	Presentation SP Cl 2 Girls Cl 3,2,1 400M Boys CL 3, 2, 1 400M				1147



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Day 4 Friday

Time	Event	Class	Gender	Status	
9:00AM	100H Hep	Open	Girls	Event # 1	15
9:06AM	High Jump	1	Boys	Prelim	24
9:09AM	Shot Put	1	Boys	Prelim	30
9:12AM	Long Jump	3	Girls	Prelim	24
9:15AM	70 M Hurdles	4	Girls	Prelim	24
9:45AM	80M Hurdles	3	Girls	Prelim	24
10:15AM	100M Hurdles	2	Girls	Prelim	24
10:45AM	100M Hurdles	1	Girls	Prelim	24
11:00AM	High Jump Hep	Open	Girls	Event # 2	
11:03AM	Discus	2	Boys	Prelims	24
11:15AM	100M Hurdles	3	Boys	Prelim	32
11:45AM	110M Hurdles	2	Boys	Prelim	32
12:15PM	110M Hurdles	1	Boys	Prelim	32

Break

1:00PM	Shot Put Hep	Open	Girls	Event # 3	
1:05PM	Long Jump	3	Boys	Final	12
1:10PM	200M	4	Girls	Semi-final	18
1:25PM	200M	3	Girls	Semi-final	18
1:40PM	200M	3	Boys	Semi-final	
1:55PM	200M	2	Girls	Semi-final	18
2:10PM	200M	2	Boys	Semi-final	18
2:25PM	200M	1	Girls	Semi-final	18
2:40PM	200M	1	Boys	Semi-final	18
2:45PM	High Jump	4	Girls	Final	12
2:48PM	Pole Vault	Open	Boys	Final	8

2:50PM	Presentation LJ Cl 3 Boys				
2:51PM	Discus	2	Girls	Final	12
3:00PM	200M Hep	Open	Girls	Event # 4	
3:11PM	800M	3	Girls	Semi-final	24
3:29PM	800M	3	Girls	Semi-final	24
3:33PM	Triple Jump	2	Boys	Prelims	24
3:51PM	800M	2	Girls	Semi-final	24
4:06PM	800M	2	Boys	Semi-final	24
4:21PM	800M	1	Girls	Semi-final	24
4:36PM	800M	1	Boys	Semi-final	24
4:51PM	Presentation HJ Cl 4 Girls/PV Boy & Dic Cl 2 Girls				
4:53PM	High Jump	1	Girls	Final	8

5:02PM		Western Union				
5:08PM	2000M Steeplechase	Open	Girls	Final	12	
5:24PM	2000M Steeplechase	Open	Boys	Final	12	
5:38PM	400M H	Open	Girls	Final	8	
5:48PM	400M H	2	Boys	Final	8	
6:00PM	400M H	1	Boys	Final		
6:05PM	Presentation HJ CI 1 Girls/2000MSC Girls& Boys					
6:03PM	Discus	3	Girls	Final	8	
6:06PM	Triple Jump	1	Boys	Final	8	
6:15PM	Sprint Medley	Open	Girls	Prelims	24	
6:45PM	Sprint Medley	Open	Boys	Prelims	24	
7:05PM	Presentation Girls 400MH Open & Boys CI 1 & 2 400MH					
7:16PM	4 x 400M Relay	Open	Girls	Prelims	32	
7:40PM	4 x 400M Relay	Open	Boys	Prelims	32	
7:43PM	Triple Jump	Open	Girls	Final	32	
8:06PM	70 M Hurdles	4	Girls	Semi-final	18	
8:20PM	80M Hurdles	3	Girls	Semi-final	18	
8:35PM	100M Hurdles	2	Girls	Semi-final	18	
8:50PM	100M Hurdles	1	Girls	Semi-final	18	
9:03PM	Presentation Girls Disc CI 3/TJ Boys CI 1					
9:16PM	100M Hurdles	3	Boys	Semi-final	18	
9:28pm	110M Hurdles	2	Boys	Semi-final	18	
9:40PM	110M Hurdles	1	Boys	Semi-final	18	
9:52PM	Presentation Girls TJ Open					
					963	



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Day 5 Saturday

Time	Event	Class	Gender	Status	
1:00PM	Long Jump Hep	Open	Girls	Event # 5	15
1:05PM	Javelin	Open	Boys	Final	12
1:10PM	High Jump	2	Girls	Final	12
1:20PM	800M	3	Girls	Final	8
1:26PM	800M	3	Boys	Final	8
1:33PM	800M	2	Girls	Final	8
1:39PM	800M	2	Boys	Final	8
1:45PM	800M	1	Girls	Final	8
1:51PM	800M	1	Boys	Final	8
2:00PM	Presentation				
	Girls CI 3,2,1 & Boys CI 3,2,1 800M				
2:12PM	Shot Put	1	Girls	Final	12
2:16PM	Long Jump	3	Girls	Final	12
2:20PM	200M	4	Girls	Final	8
2:26PM	200M	3	Girls	Final	8
2:29PM	High Jump	2	Boys	Final	12
2:32PM	200M	3	Boys	Final	8
2:38PM	200M	2	Girls	Final	8
2:44PM	200M	2	Boys	Final	8
2:50PM	200M	1	Girls	Final	8
2:56PM	200M	1	Boys	Final	8
3:00PM	Javelin Hep	Open	Girls	Event # 6	
3:05PM	Presentation				
	Boys Jav Open & HJ Girls CI 2				
	Girls CI 4,3,2, Boys CI 3, 2 200M				
3:20PM	Discus	2	Boys	Final	12
3:25PM	70 M Hurdles	4	Girls	Final	8
3:35PM	80M Hurdles	3	Girls	Final	8
3:45PM	100M Hurdles	2	Girls	Final	8
3:50PM	Presentation				
	Girls SP CI 1/HJ CI 2Boys/				
	Girls CI 4 ,3, 2 Hurdles				
4:00PM	100M Hurdles	1	Girls	Final	8
4:09PM	100M Hurdles	3	Boys	Final	8
4:18PM	110M Hurdles	2	Boys	Final	8
4:21PM	Long Jump	1	Girls	Final	12
4:28PM	110M Hurdles	1	Boys	Final	8
4:30PM	Presentation				
	Girls CI 2 & 1 100MH SP CI 1				
	Boys CI 1, 2, 3H & HJ CI 2				
4:46PM	5000M	Open	Boys	Final	
5:10PM	800M Hep	Open	Girls	Event # 7	12
5:12PM	High Jump	1	Boys	Final	12
5:15PM	Shot Put	1	Boys	Final	12
5:20PM	Presentation				
	Boys Disc CL 2				
	Girls LJ CI 1/ Hep				

5:32PM **Grace activity 15 mins**

5:52PM	4 x100M		Principals Race		32
6:02PM	4 x100M	1	Girls	Final	32
6:12PM	4 x100M	1	Boys	Final	32
6:22PM	4 x100M	2	Girls	Final	32
6:32PM	4 x100M	2	Boys	Final	32

6:35PM **Presentation
Boys 5000/
Girls & Boys CI 1 & 2 - 4 x 100MR**

6:47PM	Triple Jump	2	Boys	Final	12
6:50PM	4 x100M	3	Girls	Final	32
7:00PM	4 x100M	3	Boys	Final	32
7:10PM	4 x100M	4	Girls	Final	32

7:15PM **Presentation
Boys & Girls CI 2,3, & 4 - 4 X 100MR Boys HJ & SPCI 1**

7:30PM	Sprint Medley	Open	Girls	Final	32
7:40PM	Sprint Medley	Open	Boys	Final	32
7:52PM	3000M	Open	Girls	Final	12

8:10PM **Presentation
Boys & Girls Sprint Medley / TJ CI 2**

8:25PM GK Foods

8:32PM	4X400M	Open	Mixed	Invitational	32
8:42PM	4X400M	Open	Girls	Final	32
8:52PM	4X400M	Open	Boys	Final	32

727

8:57PM **Medal Presentations
Girls 3000M / Boys and Girls 4 X 400 R**

Closing Ceremony

