

***DISTRICT VI
TRACK AND FIELD CHAMPIONSHIP***

2023 Time Schedule

Tuesday, May 16

Track Events:

1:00 pm 4 x 800m Relay (AA only)

1:15 pm 100M Hurdles

1:45 pm 110M Hurdles

2:15 pm 100M Dash

Break

2:45 pm 4 x 100M Relay (AA only)

3:15 pm 400M Dash

3:45 pm 300M Hurdles

4:15 pm 200M Dash

4:45 pm 1600M Run (Finals)

5:30 pm 4 x 400M Relay (AA only)

*There will be a 30-minute break after the 100m until the 4x100M Relay

Field Events:

1:00 pm Shot Put (AAA Girls)

High Jump & Discus Throw (AA Girls)

Long Jump & Javelin Throw (AA Boys)

Triple Jump (AAA Boys)

3:00 pm Long Jump & Javelin Throw (AA Girls)

Triple Jump (AAA Girls)

High Jump & Discus Throw (AA Boys)

Shot Put (AAA Boys)

12:30 pm Pole Vault (AAA Girls followed by AAA Boys)

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2023 Time Schedule

Wednesday, May 17

Track Events:

3:00 pm 4 x 800M Relay

3:15 pm 100M Hurdles

3:30 pm 110M Hurdles

3:45 pm 100M Dash

Break

4:30 pm 4 x 100M Relay

4:45 pm 400M Dash

5:00 pm 300M Hurdles

5:15 pm 800M Run

5:45 pm 200M Dash

6:00 pm 3200M Run

7:00 pm 4 x 400M Relay

*There will be a 30-minute break after the 100m Dash until the 4x100M Relay

Field Events:

3:30 pm Shot Put (AA Girls)
High Jump & Discus Throw (AAA Girls)
Long Jump & Javelin Throw (AAA Boys)
Triple Jump (AA Boys)

5:00 pm Long Jump & Javelin Throw (AAA Girls)
Triple Jump (AA Girls)
High Jump & Discus Throw (AAA Boys)
Shot Put (AA Boys)

2:30 pm Pole Vault (AA Girls followed by AA Boys)