**SATURDAY May 6, 2023**

**RUNNING EVENTS:**

9:00 100m Hurdles Girls

9:05 110 Hurdles Boys

9:15 100m Dash Girls

9:20 100m Dash Boys

9:30 4 x 200 Relay Girls

9:40 4 x 200 Relay Boys

9:50 1600m Run Girls

10:05 1600m Run Boys

10:25 4x 100 Relay Girls

10:35 4x100 Relay Boys

10:45 400m Dash Girls

11:00 400m Dash Boys

11:15 300m Hurdles Girls

11:25 300m Hurdles Boys

11:40 800m Run Girls

11:50 800m Run Boys

12:00 200m Dash Girls

12:15 200m Dash Boys

12:30 3200m Run Girls

12:50 3200m Run Boys

1:10 4 x 400 Relay Girls

1:20 4 x 400 Relay Boys

**FIELD EVENTS**:

9:00

Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys