EAST SECTION TRACK AND FIELD MEET
WEDNESDAY, MAY 17, 2023- R.B Lyons Field - Outlook, SK 3000m All runners advance to District Meet—Friday May 27 ${ }^{\text {th }}$, 7pm

| TRACK |  |
| :---: | :---: |
| Start Time | Event and Category |
| 10:15 | 80m Hurdles U13G, IG, U13B, JG, SG |
| 10:35 | 100m Hurdles IB, JB, SB |
|  | 100m Heats U13G, IG, JG, SG |
|  | 100m Heats U13B, IB, JB, SB,Quad |
| 11:15 | 800m Finals U13G,IG,JG,SG |
|  | 800m Finals U13B, IB, JB, SB |
| 11:45 | 200m Time Final U13G, IG, JG, SG |
|  | 200m Time Final U13B, IB, JB, SB |
| 12:15 | Track break |
|  | Track BREAK |
| 1:15 | $\begin{gathered} \mathbf{1 5 0 0 m} \\ \text { U13G,IG,JG,SG } \\ \hline \end{gathered}$ |
|  | $\begin{gathered} 1500 \mathrm{~m} \\ \text { U13B, IB, JB, SB } \\ \hline \end{gathered}$ |
| 1:45 | 100m Final U13G,IG,JG,SG |
|  | 100m Final U13B, IB, JB, SB |
| 2:15 | 400m Time Final U13G,IG,JG,SG |
|  | 400m Time Final U13B, IB, JB, SB Quad 800m |

FIELD EVENTS

| Start Time | U13 Boys | U13 Girls | Inter Boys | Inter Girls | Junior Boys | Junior Girls | Senior Boys | Senior Girls |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $10: 15$ | JT | SP |  | DT | LJ <br> Quad (all) |  | TJ | HJ |
| $10: 45$ | LJ | TJ |  | HJ | DT | JT |  | SP |
| $11: 15$ | DT |  | JT | SP | HJ | LJ |  |  |
| $11: 45$ | HJ |  | LJ | TJ | SP | DT | JT |  |
| $12: 15$ | SP | JT | DT |  | Quad (all) |  |  |  |
| $12: 45$ | TJ | LJ | HJ |  | TJ | HJ | LJ |  |
| $1: 30$ |  | DT | SP | JT |  | SP | DT | JT |
| $2: 00$ |  |  |  |  |  | TJ | HJ | LJ |

Relays

