

**2023 EASTERN "C" DIVISIONAL
TRACK & FIELD MEET
MAY 18 @ THE LAMBERT SPORTS COMPLEX
ADJUSTED SCHEDULE OF EVENTS**

Coaches' Meeting at 2:00

TRACK EVENTS

2:00	3200m Run	Finals Boys
2:20	3200m Run	Finals Girls
2:50	400m Relay	Finals Boys
3:05	400m Relay	Finals Girls
3:30	300m Hurdles	Finals Boys
3:45	300m Hurdles	Finals Girls
4:15	800m Run	Finals Boys
4:45	800m Run	Finals Girls
5:00	110m Hurdles	Finals Boys
5:15	110m Hurdles	Finals Girls
5:45	100m Dash	Finals Boys
6:00	100m Dash	Finals Girls
6:15	400m Dash	Finals Boys
6:30	400m Dash	Finals Girls
7:00	1600m Run	Finals Boys
7:20	1600m Run	Finals Girls
7:45	200m Dash	Finals Boys
7:55	200m Dash	Finals Girls
8:10	4X400m Relay	Finals Boys
8:25	4X400m Relay	Finals Girls

FIELD EVENTS

(Boys' PV warm up at 1:00)

2:00	Pole Vault	Boys
<i>(Girls' PV warm up when boys' event concludes)</i>		
2:30	Discus	Boys
	Javelin	Girls
	Long Jump	Girls
4:00	Javelin	Boys
	Discus	Girls
	Pole Vault	Girls
	Long Jump	Boys
5:30	Shot put	Boys
	High Jump	Boys
	Triple Jump	Girls
7:00	Shot put	Girls
	High Jump	Girls
	Triple Jump	Boys