

EAST REGIONAL TRACK AND FIELD SCHEDULE

DAY 1: THURSDAY, JUNE 1, 2023

NG	NOVICE GIRLS	NB	NOVICE BOYS
JG	JUNIOR GIRLS	JB	JUNIOR BOYS
SG	SENIOR GIRLS	SB	SENIOR BOYS
OG	OPEN GIRLS	OB	OPEN BOYS
AG	AMBULATORY GIRLS	AB	AMBULATORY BOYS
IDG	INTELLECTUALLY DISABLED GIRLS	IDG	INTELLECTUALLY DISABLED BOYS
WCG	WHEELCHAIR GIRLS	WCB	WHEELCHAIR BOYS
VIG	VISUALLY IMPAIRED GIRLS	VIB	VISUALLY IMPAIRED BOYS

TRACK EVENTS:

TIME	EVENT	TYPE	ORDER OF RACES
2:30	200 m	HEATS	NG, NB, JG, JB, SG, SB
3:15	INTERMEDIATE HURDLES	TIMED FINAL	NG, JG, SG, NB, JB, SB
4:15	200 m	FINAL	WCG, WCB, NG, NB, JG, JB, SG, SB
4:50	1500 m	FINAL	NG, NB, JG, JB, SG, SB

FIELD EVENTS:

TIME	NG	JG	SG	NB	JB	SB
1:30						PV
2:00	SP	LJ	JT	HJ	DT	TJ
3:30			PV			
4:00	HJ	DT	TJ	SP	LJ	JT

EAST REGIONAL TRACK AND FIELD SCHEDULE

DAY 2: FRIDAY, JUNE 2, 2023

TRACK EVENTS:

TIME	EVENT	TYPE	ORDER OF RACES
9:30	2000 m STEEPLECHASE	FINAL	OG, OB
10:00	100 m	HEATS	AG, AB, IDG, IDB, VIG, VIB, NG, NB, JG, JB, SG, SB
11:00	SPRINT HURDLES	HEATS	NG, JG, SG, MB, JB, SB
11:45	800 m	TIMED FINAL	NG, NB, JG, JB, SG, SB, VIG, VIB, AG, AB, IDG, IDB
12:45	100 m	FINAL	AG, AB, IDG, IDB, VIG, VIB, NG, NB, JG, JB, SG, SB
1:15	SPRINT HURDLES	FINAL	NG, JG, SG, NB, JB, SB
2:00	3000 m	FINAL	SG, SB
2:30	400 m	TIMED FINAL	NG, NB, JG, JB, SG, SB
3:30	3000 m	FINAL	JG, JB
4:00	4 x 100 m RELAY	TIMED FINAL	SG, SB, JG, JB, NG, NB (NOTE ORDER)
5:00	3000 m	FINAL	NG, NB
5:45	4 x 400 m RELAY	TIMED FINAL	OG, OB

FIELD EVENTS:

TIME	NOVICE GIRLS	JUNIOR GIRLS	SENIOR GIRLS	NOVICE BOYS	JUNIOR BOYS	SENIOR BOYS
9:00					POLE VAULT	
9:30	JT	HJ	DT	TJ	SP	LJ
11:00	POLE VAULT					
11:00	LJ	JT	HJ	DT	TJ	SP
12:30	DT	TJ	SP	LJ	JT	HJ
1:00				POLE VAULT		
2:00	TJ	SP	LJ	JT	HJ	DT
3:00		POLE VAULT				
3:30				OPEN BOYS PARA SHOT PUT		
5:00	OPEN GIRLS PARA SHOT					