

## ZONE CHAMPIONSHIP TRACK EVENTS 2023

8:30 AM	OG	2000 M S/C	Finals	12:50 PM	NG	300 M Hurdles	Finals
	OB	2000 M S/C	Finals		JG	300 M Hurdles	Finals
					SG	400 M Hurdles	Finals
8:50 AM	NG	80 M Hurdles	Prelims	1:10 PM	NB	300 M Hurdles	Finals
	JG	80 M Hurdles	Prelims		JB	300 M Hurdles	Finals
	SG	100 M Hurdles	Prelims		SB	400 M Hurdles	Finals
9:05 AM	NB	100 M Hurdles	Prelims				
	JB	100 M Hurdles	Prelims	1:30 PM	NG	800 M	Finals
	SB	110 M Hurdles	Prelims		NB	800 M	Finals
					JG	800 M	Finals
9:20 AM	NG	100 M	Prelims		JB	800 M	Finals
	NB	100 M	Prelims	1:45 PM	SG	800 M	Finals
	JG	100 M	Prelims		SB	800 M	Finals
9:40 AM	JB	100 M	Prelims	1:55 PM	<b>G/B</b>	<b>800 M VI</b>	Finals
	SG	100 M	Prelims		<b>G/B</b>	<b>800 M I I</b>	Finals
	SB	100 M	Prelims		<b>G/B</b>	<b>800 M Amb</b>	Finals
10:05 AM	NG	1500 M	Finals	2:00 PM	NG	200 M	Finals
	JG	1500 M	Finals		NB	200 M	Finals
	SG	1500 M	Finals		JG	200 M	Finals
10:30 AM	NB	1500 M	Finals	2:25 PM	JB	200 M	Finals
	JB	1500 M	Finals		SG	200 M	Finals
	SB	1500 M	Finals		SB	200 M	Finals
(some 1500m events may be combined)					<b>G/B</b>	<b>200 M WC</b>	Finals
11:00 AM	NG	80 M Hurdles	Finals	**(some 3000m events may be combined)**			
	JG	80 M Hurdles	Finals	2:50 PM	NG	3000 M	Finals
	SG	100 M Hurdles	Finals		JG	3000 M	Finals
	NB	100 M Hurdles	Finals		SG	3000 M	Finals
	JB	100 M Hurdles	Finals	3:35 PM	NB	3000 M	Finals
	SB	110 M Hurdles	Finals		JB	3000 M	Finals
					SB	3000 M	Finals
11:40 AM	NG	400 M	Finals				
	NB	400 M	Finals				
	JG	400 M	Finals				
	JB	400 M	Finals	4:15 PM	<b>SG</b>	4x100 M Relay	Finals
	SG	400 M	Finals		<b>SB</b>	4x100 M Relay	Finals
	SB	400 M	Finals		<b>JG</b>	4x100 M Relay	Finals
					<b>JB</b>	4x100 M Relay	Finals
12:20 PM	<b>G/B</b>	<b>100 M VI</b>	Finals		<b>NG</b>	4 x100M Relay	Finals
	<b>G/B</b>	<b>100 M I I</b>	Finals		<b>NB</b>	4x100 M Relay	Finals
	<b>G/B</b>	<b>100 M Amb</b>	Finals				
12:30 PM	NG	100 M	Finals	4:45 PM	<b>OG</b>	4x400 M Relay	Finals
	NB	100 M	Finals		<b>OB</b>	4x400 M Relay	Finals
	JG	100 M	Finals				
12:40 PM	JB	100 M	Finals				

## RELAY EVENTS

SG	100 M	Finals
SB	100 M	Finals

## ZONE CHAMPIONSHIP FIELD EVENTS

### 8:30 am EVENTS

NG	Long Jump	Finals
JG	Triple Jump	Finals
SG	High Jump	Finals
NB	Shot Put	Finals
VI,II,Aml	Shot Put	Finals
JB	Discus	Finals
SB	Javelin	Finals
NG	Pole Vault	Finals

### 12:30 pm EVENTS

NG	Javelin	Finals
JG	Shot Put	Finals
SG	Discus	Finals
NB	High Jump	Finals
JB	Long Jump	Finals
SB	Triple Jump	Finals
NB	Pole Vault	Finals

### 9:50 am EVENTS

NG	Shot Put	Finals
VI,II,Amb	Shot Put	Finals
JG	Discus	Finals
SG	Javelin	Finals
NB	Long Jump	Finals
JB	Triple	Finals
SB	High Jump	Finals
JG	Pole Vault	Finals

### 1:50 pm EVENTS

NG	Triple Jump	Finals
JG	High Jump	Finals
SG	Long Jump	Finals
NB	Discus	Finals
JB	Javelin	Finals
SB	Shot Put	Finals
JB	Pole Vault	Finals

### 11:10 am EVENTS

NG	High Jump	Finals
JG	Long Jump	Finals
SG	Triple Jump	Finals
NB	Javelin	Finals
JB	Shot Put	Finals
SB	Discus	Finals
SG	Pole Vault	Finals

### 3:10 pm EVENTS

NG	Discus	Finals
JG	Javelin	Finals
SG	Shot Put	Finals
NB	Triple Jump	Finals
JB	High Jump	Finals
SB	Long Jump	Finals
SB	Pole Vault	Finals