

Friday, February 3, 2023		
Time	Event	Venue
10:00 a.m. – 10:30 a.m.	800 m Final	West Highland Park soccer field
10:30 a.m. – 11:45 a.m.	100 m Divisioning	
	200 m Divisioning	
12:45 p.m. – 1:30 p.m.	400 m Divisioning	
1:30 p.m. – 2:30 p.m.	5 km Final	
3:00 p.m. – 3:30 p.m.	4 x 100 m Relay (time permitting)	
Saturday, February 4, 2023		
10:00 a.m. – 10:15 a.m.	1600 m Final	West Highland Park soccer field
10:15 a.m. – 11:00 a.m.	100 m Final	
11:15 a.m. – 12:00 p.m.	200 m Final	
1:00 p.m. – 1:45 p.m.	400 m Final	
2:00 p.m.	Awards	

Some events only run once as finals due to distance or small numbers.