



2023 Track & Field Time Schedule

St. Joseph's College - Standish

Field Events

9:30 a.m.

Hammer - M

Shot Put – W

High Jump - M

Long Jump – W

10:15 a.m.

Hammer – W

Shot Put – M

Long Jump - M

10:30 a.m.

Javelin – M

High Jump – W

11:00 a.m.

Discus - M

11:30 a.m.

Javelin – W

Triple Jump – M/W

12:00 p.m.

Discus - W

Running Events (Women First)

9:30 - 50 Meter Dash

9:50 - 1500 Meter Run

10:20 – 100 Meter Dash

10:50 – 400 Meter Dash

11:20 – 1500 Meter Power Walk

11:45 – 4 X 100 Meter Relay

12:00 – 800 Meter Run

12:30 – 200 Meter Dash

12:50 – 1500 Meter Racewalk

1:20 – Exhibition Coed 4 x 200 Relay

(No pre-registration required/teams formed onsite)

Stay Fit

Have Fun

Make Friends

