



2023 Open/Masters MEET ORDER OF EVENTS

Running Events start at 9:00 AM. Rolling time schedule.

- 5,000 Meter Racewalk (M/W) & 5000 Meter Run M/W
- 3,000 Meter Steeplechase (M/W)
- 2,000 Meter Steeplechase (M/W)
- 400M Relay
- 1,500 Meter Run
- Short Hurdles
 - 80M
 - 100M
- 100 Meter Dash
- 800 Meter Run
- 400 Meter Dash
- Long Hurdles
 - 400M
 - 300M
- 200 Meter Dash
- 1600 M Relay

Field Events start at 9:00 AM. Rolling time schedule. Four attempts Throws & Horizontals.

- Shot Put – men followed by women.
- Discus – women followed by men.
- Hammer Throw – men and women after Discus Throw is complete.
- Javelin - men and women after Discus Throw is complete
- High Jump – men and women.
- Pole Vault - men.
- Long Jump – men and women.
- Triple Jump – men and women after Long Jump is complete