

2023 NIRCA TRACK & FIELD NATIONALS



TRACK EVENTS

FIELD EVENTS

DAY 1		DAY 1	
9:00 AM	Women's 100m Prelims	9:30 AM	Women's Shot Put Final
9:15 AM	Men's 100m Prelims	9:30 AM	Women's Long Jump Final
9:45 AM	Women's 400m Hurdles Final	11:15 AM	Men's Shot Put Final
10:00 AM	Men's 400m Hurdles Final	12:30 PM	Men's Triple Jump Final
10:15 AM	Women's 5,000m Final	1:15 PM	Women's Discus Final
11:10 AM	Women's 200m Prelims	2:30 PM	Men's Discus Final
11:25 AM	Men's 200m Prelims	3:15 PM	Men's High Jump Final
12:00 PM	Women's 4x800m relay Final	4:00 PM	Women's Triple Jump Final
12:30 PM	Men's 4x800m relay Final		
1:05 PM	Men's 5,000m Final		
1:35 PM	Women's 100m Final		
1:40 PM	Men's 100m Final		
2:35 PM	Women's 400m Final		
2:50 PM	Men's 400m Final		
3:25 PM	Women's 4x100m relay Final		
3:35 PM	Men's 4x100m relay Final		
3:50 PM	Women's 1500m Final		
4:20 PM	Men's 1500m Final		
DAY 2		DAY 2	
9:30 AM	Women's 100m Hurdles Final	9:00 AM	Men's Long Jump Final
9:40 AM	Men's 110m Hurdles Final	9:00 AM	Women's High Jump Final
10:30 AM	Women's 200m Final		
10:35 AM	Men's 200m Final		
10:40 AM	Women's 800m Final		
11:00 AM	Men's 800m Final		
11:55 AM	Women's 3,000m Steeplechase Final		
12:15 PM	Men's 3,000m Steeplechase Final		
12:35 PM	Women's 4x400m relay Final		
1:00 PM	Men's 4x400m relay Final		

