



TRACK & FIELD
UD Grant Stadium

Friday, June 9, 2023

8:30am **Coaches Meeting - Staging Tent**

9:00am 1500m

9:30am 400m

400m Walk

9:50am 25m

25m Walk

10:05am 100m

100m Walk

10:30am 4 x 100m Relay

11:00am - **BREAK**
1:00pm *Lunch & Olympic Village*

1:30pm Shot Put

Turbo Jav

Standing Long Jump

2:00pm Tennis & Softball Throw

Running Long Jump

4:15pm **OPENING CEREMONY**
3:30pm Staging for Parade Begins

5:30pm **FAMILY BBQ & ACTIVITIES**
*FREE Dinner & Woodside Ice Cream,
Inflatables, Silent Disco, & Softball*

Saturday, June 10, 2023

8:30am **Coaches Meeting - Staging Tent**

9:00am 3000m

50m

50m Walk

9:45am 200m

10:00am 800m

10:00am - **Healthy Athletes**
2:00pm