



**TRACK & FIELD**  
UD Grant Stadium

**Friday, June 9, 2023**

1:30pm                    Shot Put  
                                 Turbo Jav

2:00pm                    Tennis Ball Throw  
                                 Standing Long Jump

2:30pm                    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 Run  
                                 400m Walk  
                                 200m Run  
                                 50m Walk  
                                 25m Run  
                                 400m Run  
                                 100m Run  
                                 100m Walk  
                                 800m Run  
                                 50m Run  
                                 25m Walk  
                                 1500m Run  
                                 4 x 100m Relay

10:00am - 2:00pm  
                                 Healthy Athletes