

**NORTH CENTRAL REGION
CLASS "B" GIRLS' AND BOYS' TRACK AND FIELD MEET
JOHNSEN FIELD, RUGBY, ND
FRIDAY, MAY 19, 2023**

SCHEDULE OF TRACK EVENTS

4:30 p.m.....	4 x 800 Meter Relay
4:55 p.m.....	300 Meter Hurdles
5:10 p.m.....	100 Meter Dash
5:25 p.m.....	4 x 200 Meter Relay
5:45 p.m.....	1600 Meter Run
6:05 p.m.....	4 x 100 Meter Relay
6:15 p.m.....	400 Meter Dash
6:30 p.m.....	100 Meter Hurdles (girls)
6:45 p.m.....	110 Meter Hurdles (boys)
7:00 p.m.....	800 Meter Run
7:15 p.m.....	200 Meter Dash
7:40 p.m.....	3200 Meter Run
8:00 p.m.....	4 x 400 Meter Relay

In all events on the track, the girls will run first. The fastest times will be in the first heat.

SCHEDULE OF FIELD EVENTS

3:30 p.m

Pole Vault (girls)
Shot Put (boys)
Javelin (boys)
High Jump (boys)
Discus (girls)
Triple Jump (boys)
Long Jump (girls)

5:15 p.m.

Pole Vault (boys)
Shot Put (girls)
Javelin (girls)
High Jump (girls)
Discus (boys)
Triple Jump (girls)
Long Jump (boys)

In all field events, except the high jump and pole vault, there will be three attempts given in preliminaries and three additional attempts for the top nine finalists. The athletes with the best performances from the year will compete in the last flights.