

Gold Region Championships

Order of Events 2023

<i>EVENT</i>	<i>AGE GROUP</i>	<i>TIME</i>
Coed Distance Medley Relay	Open	1:00
100 Meter Trials	Novice Girls / Boys	1:20
	Minor Girls / Boys	1:25
	Cadet Girls / Boys	1:30
4 x 800	Open Girls	1:35
	Open Boys	1:50
4 x 200 Relay	Novice Girls / Boys	2:05
	Minor Girls / Boys	2:15
	Cadet Girls / Boys	2:25
1600 Meters	Novice Girls	2:35
	Novice Boys	2:45
	Minor Girls	2:55
100 Meter Finals	All Age Groups	3:05
1600 Meters	Minor Boys	3:15
	Cadet Girls	3:25
	Cadet Boys	3:35
400 Meters	Novice Girls / Boys	3:45
	Minor Girls / Boys	3:55
	Cadet Girls / Boys	4:05
4 x 100 Relay	Novice Girls / Boys	4:15
	Minor Girls / Boys	4:20
	Cadet Girls / Boys	4:25
800 Meters	Novice Girls / Boys	4:30
	Minor Girls / Boys	4:40
	Cadet Girls / Boys	4:50
200 Meters	Novice Girls / Boys	5:00
	Minor Girls / Boys	5:10
	Cadet Girls / Boys	5:20
4 x 400 Relay	Open Girls	5:30
	Open Boys	5:40

Award presentations to follow last race

The meet MAY MOVE AHEAD OF SCHEDULE. Listen for announcements

FIELD EVENTS	HIGH JUMP	LONG JUMP	SHOTPUT	TRIPLE JUMP
Novice Girls	3:20	2:00	1:00	
Novice Boys	3:20	2:00	1:45	
Minor Girls	1:00	3:00	2:30	
Minor Boys	1:00	3:00	3:15	
Cadet Girls	2:10	1:00	4:00	4:00
Cadet Boys	2:10	1:00	4:45	5:00

Field Events will not start earlier than the scheduled time. They may start later.