

SOUTH BAY CHAMPS 2023

These are APPROXIMATE times. We will be on a rolling schedule. We will run ahead of schedule if possible

Friday Schedule

Time	Event	Heat Number
5:00	Girls 3200m	1
5:16	Girls 4x100m	1
5:19	Girls 4x100m	2
5:22	Boys 4x100m	1
5:25	Boys 4x100m	2
5:29	Boys 3200m	1
5:44	Boys 110H	1
5:47	Boys 110H	2
5:50	Boys 110H	3
5:54	Girls 110H	1
5:57	Girls 110H	2
6:01	Girls 110H	3
6:07	Girls 400m	1
6:10	Girls 400m	2
6:13	Girls 400m	3
6:16	Boys 400m	1
6:17	Boys 400m	2
6:20	Boys 400m	3
6:28	Girls 100m	Visitor Side
6:28	Boys 100m	Home Side
7:08	Girls 800m	1
7:12	Girls 800m	2
7:16	Girls 800m	3
7:20	Boys 800m	1
7:24	Boys 800m	2
7:28	Boys 800m	3
7:34	Girls 300h	1
7:37	Girls 300h	2
7:40	Girls 300h	3
7:43	Boys 300h	1
7:46	Boys 300h	2
7:49	Boys 300h	3
7:56	Co-Ed 4x200m	1
7:59	Co-Ed 4x200m	2
8:02	Girls 1600m	1
8:09	Girls 1600m	2
8:16	Girls 1600m	3
8:22	Boys 1600m	1
8:29	Boys 1600m	2
8:36	Boys 1600m	3
8:42	Girls 4x400m	1
8:49	Boys 4x400m	1

Saturday Schedule

Time	Event	Heat Number
6:30	Girls 3200m	1
6:44	Girls 4x100m	1
6:48	Girls 4x100m	2
6:52	Boys 4x100m	1
6:55	Boys 4x100m	2
6:58	Boys 3200m	1
7:11	Boys 110H	1
7:14	Boys 110H	2
7:17	Boys 110H	3
7:21	Girls 110H	1
7:23	Girls 110H	2
7:26	Girls 110H	3
7:30	Girls 400m	1
7:33	Girls 400m	2
7:36	Girls 400m	3
7:39	Boys 400m	1
7:41	Boys 400m	2
7:44	Boys 400m	3
7:53	Girls 100m	Home Side
7:53	Boys 100m	Visitor Side
8:33	Girls 800m	1
8:37	Girls 800m	2
8:39	Girls 800m	3
8:43	Boys 800m	1
8:46	Boys 800m	2
8:49	Boys 800m	3
8:54	Girls 300h	1
8:57	Girls 300h	2
8:59	Girls 300h	3
9:03	Boys 300h	1
9:06	Boys 300h	2
9:09	Boys 300h	3
9:13	Co-Ed 4x200m	1
9:17	Co-Ed 4x200m	2
9:20	Girls 1600m	1
9:27	Girls 1600m	2
9:34	Girls 1600m	3
9:41	Boys 1600m	1
9:47	Boys 1600m	2
9:54	Boys 1600m	3
10:01	Girls 4x400m	1
10:07	Boys 4x400m	1

Friday Field Events

4:30	High Jump	Girls
After Girls	High Jump	Boys
4:30	Long Jump #1	Boys
4:30	Long Jump #1	Girls
6:00	Long Jump #2	Boys
6:00	Long Jump #2	Girls
7:30	Triple Jump	Boys
7:30	Triple Jump	Girls

Saturday Field Events

6:00	High Jump	Girls
After Girls	High Jump	Boys
6:00	Long Jump #1	Boys
6:00	Long Jump #1	Girls
7:30	Long Jump #2	Boys
7:30	Long Jump #2	Girls
9:00	Triple Jump	Boys
9:00	Triple Jump	Girls

Saturday Morning

10:00	Girls 1600m	Rolling Schedule
10:30	Boys 1600m	
11:30	Final Heat Boys	

Saturday Morning Field Events

Time	Event	F/S G -> F/S B -> Var G -> Var B
10:00	Pole Vault	
10:00	Discus	Boys f/s then Var 2 flights F/S 2 flights var
10:00	Shot Put	Girls f/s then Var 3 flights F/S 3 flights var
After Boys	Discus	Girls f/s Then Var 2 flights F/S 2 flights var
After Girls	Shot Put	Boys f/s AND Var 4 flights F/S 6 flights var