

2023 VertKlasse Meeting

Final Schedule

[LIVE STREAM AND RESULTS](#)

Friday, March 31

THROWS- Long throw events will be on a rolling schedule; approximate start times are listed

10:00am	Men's Hammer*	(2 flights)
Approx. 1:30pm	Women's Javelin	(2 flights)
30min after conclusion of W JT	Men's Javelin*	(2 flights)
1:30pm	Women's Shot Put	(3 flights)
30min after conclusion of W SP	Men's Shot Put	(3 flights)

JUMPS

10:00am	Men's 'B' High Jump	(1.97m and below)
followed by	Women's 'B' High Jump	(1.64m and below)

11:30pm	Women's 'B' Pole Vault	(3.96m and below)
Approx. 3:00pm	Men's 'B' Pole Vault	(4.81m and below)

2:00pm	Men's Long Jump -Runway A	(3 flights)
	Women's Long Jump-Runway B	(3 flights)

TRACK EVENTS

2:30 PM	Women's Steeplechase (1 Heat)
2:50 PM	Men's Steeplechase (2 Heats)
3:20 PM	Women's 1500 (8 Heats)
4:15 PM	Men's 1500 (8 Heats)
4:55 PM	Women's 5000 (3 Heats)
6:00 PM	Men's 5000 (3 Heats)
6:50 PM	Women's High School 2K Steeplechase (1 Heat)
7:05 PM	Men's High School 2K Steeplechase (1 Heat)

Saturday, April 1st

THROWS- Long throw events will be on a rolling schedule; approximate start times are listed

9:00am	Women's Hammer	(2 flights)
Approx. 11:30am	Women's Discus	(2 flights)
30min after conclusion W DT	Men's Discus	(2 flights)

JUMPS

Approx. 12:00pm	Men's 'A' Pole Vault	(4.82m and above)
Approx. 3:00pm	Women's 'A' Pole Vault	(3.99m and above)

11:00pm	Women's 'A' High Jump	(1.65m and above)
Approx. 1:30pm	followed by Men's 'A' High Jump	(1.98m and above)

1:00pm	Men's Triple Jump-Runway A	(Max Field Size -36)
	Women's Triple Jump-Runway B	(Max Field Size -36)

TRACK EVENTS

9:00 AM
9:25 AM
9:50 AM
10:05 AM
10:25 AM
10:45 AM
11:10 AM
11:35 AM
12:00 AM
12:25 AM
12:50 AM
1:10 AM

PARTICIPATION SECTION

Women's 800m Participation (7 Heats)
Men's 800m Participation (7 Heats)
Women's 100m Participation (12 Heats)
Men's 100m Participation (12 Heats)
Women's 400m Participation (12 Heats)
Men's 400m Participation (10 Heats)
Women's 100mH Participation (9 Heats)
Men's 110mHH Participation (8 Heats)
Women's 200m Participation (20 Heats)
Men's 200m Participation (16 Heats)
Women's 400mIH Participation (6 Heats)
Men's 400mIH Participation (6 Heats)

HIGH PERFORMANCE SECTION- *Top 16 entrants in each event/2 sections*

2:30 PM Opening Ceremonies/ Senior Recognition
2:45 PM *Men's 400mH (top 2 sections)
2:55 PM Women's 400mH (top 2 sections)
3:05 PM Women's 100m (top 2 sections)
3:10 PM Men's 100m (top 2 sections)
3:20 PM Boys and Girls Club 100m (3 sections)
3:25 PM Women's 400m (top 2 sections)
3:30 PM Men's 400m (top 2 sections)
3:35 PM Mascot Race
3:40 PM Women's 400m Relay (3 Heats)
3:50 PM Men's 400m Relay (2 Heats)
4:00 PM Women's 100mH (top 2 sections)
4:10 PM Men's 110m HH (top 2 sections)
4:20 PM Women's 800m (top 2 sections)
4:30 PM Men's 800m (top 2 sections)
4:40 PM Women's 200m (top 2 sections)
4:45 PM Men's 200m (top 2 sections)
5:05 PM Women's 1600m Relay (4 Heats)
5:30 PM Men's 1600m Relay (3 Heats)

*- men will go first in 400mIH in afternoon High Performance section