

INLAND EMPIRE

Championships

Where the best of San Bernardino & Riverside Counties compete

Time Schedule 2023

Time	Event	Heats:	Time	Event #	Event	Heats:	
7:30am	1	G VAR 4x800 Relay	(1)	Both Sides of the Track			
7:45am	2	B VAR 4x800 Relay	(1)	1:20pm	23	G F/S 100 m	(9)
8:00am	3	G F/S 3200m	(1)		24	B F/S 100 m	(9)
8:10am	4	B F/S 3200m	(1)	1:45pm	25	G VAR 100m	(9)
8:30am	5	G VAR 3200m	(1)		26	B VAR 100m	(9)
8:45am	6	B VAR 3200m	(2)	100 INVITE HEATS			
9:15am	7	G F/S 4x100m Relay	(3)	2:00pm	27	G F/S 100 m	(2)
9:25am	8	B F/S 4x100m Relay	(3)		28	B F/S 100 m	(2)
9:35am	9	G VAR 4x100m Relay	(3)	2:10pm	29	G VAR 100m	(2)
9:45am	10	B VAR 4x100m Relay	(4)		30	B VAR 100m	(2)
9:55am	11	G F/S 100m Hurdles	(5)	2:25pm	31	G F/S 300m Hurdles	(4)
10:05am	12	G VAR 100m Hurdles	(5)	2:35pm	32	G VAR 300m Hurdles	(4)
10:20am	13	B F/S 110m Hurdles	(5)	2:45pm	33	B F/S 300m Hurdles	(4)
10:30am	14	B VAR 110m Hurdles	(5)	2:55pm	34	B VAR 300m Hurdles	(4)
10:45am	15	G F/S 400m	(5)	3:05pm	35	G F/S 800m	(4)
10:57am	16	B F/S 400m	(5)	3:20pm	36	B F/S 800m	(4)
11:10am	17	G VAR 400m	(5)	3:35pm	37	G VAR 800m	(4)
11:23am	18	B VAR 400m	(7)	3:45pm	38	B VAR 800m	(4)
11:40am	19	G F/S 1600m	(3)	4:00pm	39	G F/S 200m	(5)
12:05pm	20	B F/S 1600m	(4)	4:12pm	40	B F/S 200m	(5)
12:30pm	21	G VAR 1600m	(3)	4:25pm	41	G VAR 200m	(5)
12:55pm	22	B VAR 1600m	(4)	4:37pm	42	B VAR 200m	(5)
				4:55pm	43	G F/S 4x400m Relay	(2)
				5:10pm	44	B F/S 4x400m Relay	(2)
				5:25pm	45	G VAR 4x400m Relay	(2)
				5:40pm	46	B VAR 4x400m Relay	(2)

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Event	Time	Event #	Division	Flight #	Pit :
LONG JUMP	8:30am	47	Girls F/S (3 Jumps)	1, 2	Pit 1
	8:30am	48	Boys F/S (3 Jumps)	1, 2	Pit 2
	12:30pm	49	Girls Varsity (4 Jumps)	1, 2	Pit 1
	12:30pm	50	Boys Varsity (4 Jumps)	1, 2	Pit 2
TRIPLE JUMP	10:30am	51	Girls F/S (3 Jumps)	1, 2	Pit 1
	10:30am	52	Boys F/S (3 Jumps)	1, 2	Pit 2
	3:00pm	53	Girls Varsity (4 Jumps)	1, 2	Pit 1
	3:00pm	54	Boys Varsity (4 Jumps)	1, 2	Pit 2
HIGH JUMP	9:30am	55	Girls F/S		
	11:00am	56	Boys F/S		
	1:00pm	57	Girls VAR		
	3:00pm	58	Boys VAR		
SHOT PUT	8:45 am	59	Boys F/S (3 Throws)	1, 2, 3	
	10:45 am	60	Girls F/S (3 Throws)	1, 2, 3	
	12:45 pm	61	Boys VAR (4 Throws)	1, 2, 3	
	3:00 pm	62	Girls VAR (4 Throws)	1, 2, 3	
DISCUS	8:30 am	63	Girls F/S (3 Throws)	1, 2, 3	
	10:30 am	64	Boys F/S (3 Throws)	1, 2, 3	
	12:30 pm	65	Girls VAR (4 Throws)	1, 2, 3	
	2:45 pm	66	Boys VAR (4 Throws)	1, 2, 3	
POLE VAULT	8:00am	67	Girls F/S		
	9:30am	68	Girls VAR		
	12:00pm	69	Boys VAR		
	2:45pm	70	Boys F/S		



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