



February 18th 2023 @ Jamaica National Stadium

Time	Events
	Track Events
8:15am - 8:25am	Girls 9 -18 1500 Meter Run Open
8:25am - 8:35am	Boys 9 -18 1500 Meter Run Open
8:40am - 8:50am	Girls 10-18 400 Meter Hurdles Open
8:50am - 9:00am	Boys 10-18 400 Meter Hurdles Open
9:00am - 9:10am	Women 20-99 400 Meter Hurdles Open
9:10am - 9:20am	Men 20-99 400 Meter Hurdles Open
9:25am - 9:40am	Women 10-99 2000m Steeplechase Open
9:40am - 10:05am	Men 10-99 2000m Steeplechase Open
10:05am - 10:15am	Girls 13-14 400 Meter Run Class 3
10:15am - 10:30am	Boys 12-13 400 Meter Run Class 3
10:30am - 10:40am	Girls 15-16 400 Meter Run Class 2
10:40am - 10:55am	Boys 14-15 400 Meter Run Class 2
10:55am - 11:05am	Girls 16-18 400 Meter Run Class 1
11:05am - 11:25am	Boys 16-18 400 Meter Run Class 1
11:25am - 11:35am	Women 19-99 400 Meter Run Invitational
11:35pm - 11:55am	Men 20-99 400 Meter Run Invitational
12:00pm - 12:15pm	Girls 9-12 70 Meter Hurdles Class 4
12:15pm - 12:25pm	Girls 13-14 80 Meter Hurdles Class 3
12:25pm - 12:35pm	Girls 15-16 100 Meter Hurdles Class 2
12:35pm - 12:40pm	Girls 16-18 100 Meter Hurdles class 1
12:40pm - 12:50pm	Boys 12-13 100 Meter Hurdles Class 3
12:50pm - 12:55pm	Women 19-99 100 Meter Hurdles Invitational
12:55pm - 1:08pm	Boys 14-15 110 Meter Hurdles Class 2
1:10pm - 1:25pm	Boys 16-18 110 Meter Hurdles Class 1
1:25pm - 1:35pm	Men 19 -99 110 Meter Hurdles Invitational
1:40pm -1:50pm	4x400 Mixed Relays Invitational
1:50pm - 2:15pm	Opening Ceremony
2:20pm - 2:50pm	Girls 16-18 200 Meter Class 1
2:50pm - 3:10pm	Boys 16-18 200 Meter Class 1
3:10pm - 3:30pm	Girls 15-16 200 Meter Class 2
3:30pm - 3:50pm	Boys 14-15 200 Meter Class 2
3:50pm - 4:15pm	Girls 13-14 200 Meter Class 3
4:15pm - 4:35pm	Boys 12-13 200 Meter Class 3
4:40pm - 4:45pm	Girls 9-12 200 Meter Class 4
4:45pm - 4:55pm	Women 19-99 200 Meter
4:55pm - 5:00pm	Men 19-99 200 Meter
5:05pm - 5:10pm	Under 12 Girls Open 4x100m Relay Invitational
5:10pm - 5:15pm	Under 12 Boys Open 4x100m Relay Invitational
5:15pm - 5:25pm	Girls Open 4x400 Meter Relay Invitational

5:30pm - 5:40pm	Boys Open 4x400 Meter Relay Invitational
	Field Events
9:00am -11:00am	Boys 14-15 Long Jump class 2
9:00am -11:00am	Boys 12-13 Long Jump class 3
9:00am -11:00am	Girls 15-16 Shot Put class 2
9:00am -11:00am	Girls 9-12 High Jump class 4
9:00am -11:00am	Girls 13-14 High Jump class 3
9:00am - 11:00am	Boys 12-13 Discus class 3
11:00am - 1:00pm	Boys 16-18 Discus class 1
11:00am - 1:00pm	Women 19-99 Long Jump
11:00am - 1:00pm	Girls 17-18 Long Jump class 1
11:00am - 1:00pm	Girls 15-16 Long Jump class 2
11:00am - 1:00pm	Girls 13-14 High Jump class 2
11:00am - 1:00pm	Girls 17-18 Discus class 1
11:00am - 1:00pm	Women 19-99 Discus Open
11:00am - 1:00pm	Men 19-99 Discus Open
11:00am - 1:00pm	Boys 14-15 Shot Put class 2
1:00pm - 3:30pm	Boys 16-18 Long Jump class 1
1:00pm - 3:30pm	Girls 9-12 Long Jump class 4
1:00pm - 3:30pm	Girls 13-14 Long Jump class 3
1:00pm - 3:30pm	Girls 9-18 Javelin Throw Open
1:00pm - 3:30pm	Boys 9-18 Javelin Throw Open
3:30pm - 5:30pm	Women 19 - 99 High Jump
3:30pm - 5:30pm	Boys 14-15 High Jump class 2
3:30pm - 5:30pm	Girls 17-18 High Jump class 1
3:30pm - 5:30pm	Boys 16-18 High Jump class 1
3:30pm - 5:30pm	Girls 15-16 Discus class 2
3:30pm - 5:30pm	Boys 14-15 Discus Class 2
3:30pm - 5:30pm	Girls 17-18 Shot Put class 1
3:30pm - 5:30pm	Boys 16-18 Shot Put class 1
3:30pm - 5:30pm	Women 19-99 Shotput Open
3:30pm - 5:30pm	Men 19-99 Shotput Open
3:30pm - 5:30pm	Men 19 - 99 High Jump