

2023 Liberty League Outdoor Track & Field Championships Schedule

Friday 5/5

Time		Event	
12:00 PM	Men's	Decathlon 100m Dash	
	Men's	Pole Vault (F)	Women's Heptathlon Order:
1:00 PM	Women's	Heptathlon 100m Hurdles	100m Hurdles
2:00 PM	Women's	100m Hurdles (T)	High Jump
	Women's	Long Jump (T/F)	Shot Put
	Women's	Hammer Throw (T/F)	200m Dash
	Men's	Javelin Throw (T/F)	<i>(Allow 1/2 hour between events)</i>
2:15 PM	Men's	110 Hurdles (T)	
2:30 PM	Women's	400m Dash (T)	
2:45 PM	Men's	400m Dash (T)	Men's Decathlon Order:
3:00 PM	Women's	100m Dash (T)	100m Dash
3:15 PM	Men's	100m Dash (T)	Long Jump
3:30 PM	Women's	800m Run (T)	Shot Put
3:45 PM	Men's	800m Run (T)	High Jump
4:00 PM	Women's	400m Hurdles (T)	400m Dash
	Women's	Pole Vault (F)	<i>(Allow 1/2 hour between events)</i>
4:20 PM	Men's	400m Hurdles (T)	
4:30 PM	Men's	Hammer Throw (T/F)	
	Women's	Javelin Throw (T/F)	
	Men's	Long Jump (T/F)	
4:40 PM	Women's	200m Dash (T)	
4:55 PM	Men's	200m Dash (T)	
5:10 PM	Women's	3000m Steeplechase (F)	
5:35 PM	Men's	3000m Steeplechase (F)	
6:00 PM	Women's	10,000m Run	
6:50 PM	Men's	10,000m Run	

2023 Liberty League Outdoor Track & Field Championships Schedule

Saturday 5/6

Time	Event		
10:30 AM	Men's	Decathlon 110m Hurdles	Women's Heptathlon Order:
11:30 AM	Women's	Heptathlon Long Jump	Long Jump
12:00 PM	Women's	4x100m Relay (F)	Javelin Throw
	Men's	High Jump (F)	800m
12:10 PM	Men's	4x100m Relay (F)	<i>(Allow 1/2 hour between events)</i>
12:20 PM	Women's	1500m Run (F)	
12:30 PM	Women's	Shot Put (T/F)	
	Men's	Discus (T/F)	Men's Decathlon Order:
12:40 PM	Men's	1500m Run (F)	110m Hurdles
12:45 PM	Women's	Triple Jump (T/F)	Discus
1:00 PM	Men's	110m Hurdles (F)	Pole Vault
1:15 PM	Women's	100m Hurdles (F)	Javelin Throw
1:30 PM	Women's	400m Dash (F)	1500m
1:40 PM	Men's	400m Dash (F)	<i>(Allow 1/2 hour between events)</i>
1:50 PM	Women's	100m (F)	
2:00 PM	Men's	100m (F)	
2:10 PM	Women's	800m Run (F)	
2:20 PM	Men's	800m Run (F)	
2:30 PM	Women's	400m Hurdles (F)	
	Men's	Triple Jump (T/F)	
	Women's	High Jump (F)	
	Men's	Shot Put (T/F)	
	Women's	Discus (T/F)	
2:45 PM	Men's	400m Hurdles (F)	
2:55 PM	Women's	200m Dash (F)	
3:05 PM	Men's	200m Dash (F)	
3:15 PM	Women's	5000m Run (F)	
3:40 PM	Men's	5000m Run (F)	
4:00 PM	Women's	4x400m Relay (F)	
4:10 PM	Men's	4x400m Relay (F)	
4:15 PM	Coaches Meeting at Finish Line for Awards Selection		
	<i>Presentation of Team and Special Awards To Follow</i>		