



Northeast Ohio Open Meet
Friday, April 07- Saturday, April 08, 2023

Final Time Schedule

Friday, April 07

12:00 pm	Implement weigh in
1:00 pm	Hammer (men followed by women)
	Javelin follows Women's Hammer (men followed by women)

Saturday, April 08

Field Events

10:15 am	Implement weigh in
11:30 am	Long Jump (men followed by women)
	Triple Jump follows Women's Long Jump (men followed by women)
11:30 am	Shot Put (women followed by men)
	Discus follows Men's Shot Put (Women followed by Men)
12:00 pm	Pole Vault (women followed by men)
2:00 pm	High Jump (men followed by women)

Running Events (women followed by men)

12:50 pm	10,000m
2:15 pm	4x 100m Relay
2:25 pm	1500m
2:50 pm	100H/110H
3:10 pm	400m
3:20 pm	100m
3:30 pm	800m
3:50 pm	400H
4:10 pm	200m
4:20 pm	3,000m Steeple
4:55 pm	4x 400m Relay