

Fum McGraw Power Meet Outdoor Track & Field Meet April 23, 2023



Last Revised: 4/19/2023

Sunday, April 23rd:

Field Events - Top 8 collegiate athletes to Finals

9:00 a.m. Men's Hammer (Women to follow) 10:00 a.m. Women's Shot Put (Men to follow)

Followed by

Men's Discus (Women to follow)

Followed by

Men's Javelin (Women to follow)

11:00 a.m. Women's High Jump

Men's Long Jump

1:00 p.m. Women's Pole Vault (Men to follow)

1:30 p.m. Men's High Jump

Women's Long Jump

2:30 p.m. Men's Triple Jump (Women to follow)

Running Events

The time schedule is tentative and could change based on entries.

11:15 a.m.	National Anthem
11:30 a.m.	Women's 400m Relay
11:45 a.m.	Men's 400m Relay
12:00 p.m.	Women's 400m Dash
12:20 p.m.	Men's 400m Dash
12:40 p.m.	Women's 100m Hurdle
1:00 p.m.	Men's 110m Hurdle
1:20 p.m.	Women's 100m Dash
1:40 p.m.	Men's 100m Dash
2:00 p.m.	Women's 800m Run
2:15 p.m.	Men's 800m Run
2:30 p.m.	Women's 400m Hurdles
2:50 p.m.	Men's 400m Hurdles
3:10 p.m.	Women's 200m Dash
3:30 p.m.	Men's 200m Dash
3:50 p.m.	Women's 4x400m Relay
4:00 p.m.	Men's 4x400m Relay

^{*}All events and times are subject to change depending on the number of athletes competing.

^{*}Final schedule posted on day before meet will be a rolling schedule and will not run more than 15 minutes ahead.