

# 103rd RUSSELL CUP TRACK & FIELD MEET

April 15, 2023

## Adjusted Order of Events\*

| EVENT |          |               | TIME  | EVENT |                                 |             | TIME  |
|-------|----------|---------------|-------|-------|---------------------------------|-------------|-------|
| 1.    | FS Girls | 4 x 100 RELAY | 9:30  | 41.   | FS Girls                        | LONG JUMP   | 9:00  |
| 2.    | FS Boys  |               |       | 42.   | V Girls                         | LONG JUMP   | 11:00 |
| 3.    | V Girls  |               |       | 43.   | FS Girls                        | TRIPLE JUMP | 1:30  |
| 4.    | V Boys   |               |       | 44.   | V Girls                         | TRIPLE JUMP | 3:00  |
| 5.    | FS Girls | 1600 METERS   | 10:00 |       | (East Pit)                      |             |       |
| 6.    | FS Boys  |               |       | 45.   | FS Boys                         | TRIPLE JUMP | 9:00  |
| 7.    | V Girls  |               |       | 46.   | V Boys                          | TRIPLE JUMP | 11:00 |
| 8.    | V Boys   |               |       | 47.   | FS Boys                         | LONG JUMP   | 1:00  |
| 9.    | FS Girls | 100 HURDLES   | 10:45 | 48.   | V Boys                          | LONG JUMP   | 3:00  |
| 10.   | V Girls  |               |       |       | (Infield Pit)                   |             |       |
| 11.   | FS Boys  | 110 HURDLES   |       | 49.   | V Boys                          | HIGH JUMP   | 9:00  |
| 12.   | V Boys   |               |       | 50.   | FS Girls                        | HIGH JUMP   | 11:00 |
| 13.   | FS Girls | 400 METERS    | 11:15 | 51.   | V Girls                         | HIGH JUMP   | 1:00  |
| 14.   | FS Boys  |               |       | 52.   | FS Boys                         | HIGH JUMP   | 3:00  |
| 15.   | V Girls  |               |       |       |                                 |             |       |
| 16.   | V Boys   |               |       | 53.   | V Girls                         | POLE VAULT  | 9:00  |
|       | BREAK    |               |       | 54.   | FS Boys                         | POLE VAULT  | 11:00 |
| 17.   | FS Girls | 100 METERS    | 12:45 | 55.   | V Boys                          | POLE VAULT  | 1:00  |
| 18.   | FS Boys  |               |       | 56.   | FS Girls                        | POLE VAULT  | 2:00  |
| 19.   | V Girls  |               |       |       |                                 |             |       |
| 20.   | V Boys   |               |       | 57.   | FS Boys                         | SHOT PUT    | 10:00 |
| 21.   | FS Girls | 800 METERS    | 1:30  | 58.   | V Boys                          | SHOT PUT    | 10:00 |
| 22.   | FS Boys  |               |       | 59.   | FS Girls                        | SHOT PUT    | 12:30 |
| 23.   | V Girls  |               |       | 60.   | V Girls                         | SHOT PUT    | 12:30 |
| 24.   | V Boys   |               |       |       | (Varsity Shot Put - South Ring) |             |       |
| 25.   | FS Girls | 300 HURDLES   | 2:10  |       | (F/S Shot Put - North Ring)     |             |       |
| 26.   | V Girls  |               |       |       |                                 |             |       |
| 27.   | FS Boys  |               |       | 61.   | FS Girls                        | DISCUS      | 10:00 |
| 28.   | V Boys   |               |       | 62.   | V Girls                         | DISCUS      | 10:00 |
| 29.   | FS Girls | 200 METERS    | 2:35  | 63.   | FS Boys                         | DISCUS      | 12:30 |
| 30.   | FS Boys  |               |       | 64.   | V Boys                          | DISCUS      | 12:30 |
| 31.   | V Girls  |               |       |       | (Varsity Discus - East Ring)    |             |       |
| 32.   | V Boys   |               |       |       | (FS Discus - West Ring)         |             |       |
| 33.   | FS Girls | 3200 METERS   | 3:05  |       |                                 |             |       |
| 34.   | FS Boys  |               |       |       |                                 |             |       |
| 35.   | V Girls  |               |       |       |                                 |             |       |
| 36.   | V Boys   |               |       |       |                                 |             |       |
| 37.   | FS Girls | 4 x 400 RELAY | 4:15  |       |                                 |             |       |
| 38.   | FS Boys  |               |       |       |                                 |             |       |
| 39.   | V Girls  |               |       |       |                                 |             |       |
| 40.   | V Boys   |               |       |       |                                 |             |       |

\*The time schedule is tentative