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| **Friday April 12th 2023** | | |
| FINAL TIME SCHEDULE | | |
| Time | Event | Approximate Field Size |
| 3:40pm | W4x800m | 2 |
| 3:50pm | M4x800m | 3 |
| 4:00pm | W1500m | 2 heats |
| 4:15pm | M1500m | 2 heats |
| 4:30pm | W steeple 3 | 16 |
| 4:45pm | W steeple 2 | 17 |
| 5:00pm | Msteeple3 | 20 |
| 5:15pm | Msteeple2 | 20 |
| 5:30pm | Msteeple Fast Heat | 20 |
| 5:45pm | Wsteeple Fast Heat | 17 |
| 6:00pm | M5k4 | 30 |
| 6:20pm | W5k3 | 40 |
| 6:40pm | M5k3 | 30 |
| 7:00pm | W5k2 | 37 |
| 7:20pm | M5k2 | 30 |
| 7:40pm | W5k Fast Heat | 35 |
| 8:00pm | M5k Fast Heat | 30 |
| 8:20pm | W10k | 30 |
| 9:05pm | M10k | 40 |
|  | Hard end time: 10:00pm |  |

**WE MAY ROLL UP TO 5 MINUTES EARLY**

*Stadium lights turn off at 10pm*