



2023 C2C Outdoor Track and Field Championships Schedule - May 6-7

Hosted by Mary Washington (Battleground Athletic Complex, Fredericksburg, VA)

Saturday, May 6

Field Events

3:00pm

W Pole Vault

M Long Jump

W Shot Put

M Hammer

4:00pm

W Long Jump

M Shot Put

W Hammer

5:00pm

M Pole Vault

Track Events

Timed finals (slow to fast) unless otherwise indicated

Men/Women

5:00pm/5:20pm 110m/400m Hurdles *Prelim*

5:40pm/5:55pm 100m *Prelim*

6:10pm M 10,000m *Final*

6:55pm W 10,000m *Final*

Sunday, May 7

Field Events

10:00am

W High Jump

M Triple Jump

W Discus

12:00pm

M High Jump

W Triple Jump

M Discus

1:45pm

W Javelin

3:15pm

M Javelin

Track Events

Timed finals (slow to fast) unless otherwise indicated

Men/Women *All Finals*

12:30pm/12:50pm 3,000m Steeplechase

1:20pm/1:25pm 4x100m Relay

1:35pm/1:45pm 1500m

2:00pm/2:10pm 110m/100m Hurdles

2:20pm/2:30pm 400m

2:45pm/2:50pm 100m

2:55pm/3:05pm 800m

3:20pm/3:30pm 400m Hurdles

3:45pm/3:50pm 200m

3:55pm/4:25pm 5,000m

5:05pm/5:15pm 4x400m Relay

Awards Ceremony