

2023 SW Regional Athletics Competition Event Schedule

Start	Field Event	Gender	Flights
8:45	Shot Put	M	200-211
-	W/C Shot	M/F	-
9:00	Standing Long Jump	M	212-216
-	Running Long Jump & PENT	M	217-222/103
9:00	Tennis Ball Throw	M	223-225
-	Softball Throw	M	226-242
9:15	Mini-Javelin Throw	M	243-256
10:45	Shot Put PENT	PENT	103

Start	Field Event	Gender	Flights
11:00	Shot Put	F	257-261
11:00	Tennis Ball Throw	F	262-263
-	Softball Throw	F	264-279
11:15	Mini-Javelin Throw	F	280-287
11:15	High Jump & PENT	M/F	103
11:30	Running Long Jump	F	288-289
-	Standing Long Jump	F	290-292

Start	Track Event	Gender	Heats
8:00	10k Unified Race (25 laps)	M/F	-
8:00	5k Walk/Unified Walk (12.5 laps)	M/F	100
8:00	5k Race/Unified Race (12.5 laps)	M/F	101-102/376
8:45	110m Hurdles	M	-
	100m Hurdles	F	-
	100m PENT	PENT	103
	25m W/C Obstacle	M/F	104-106
	25m W/C Race	M/F	107-108
	25m A/W	M/F	109-112
	25m G/W	M/F	113-116
	25m G/R	M/F	117
	100m Walk	F	118-127
	100m Dash	F	128-136
	400m W/C Race	M/F	-
	400m Walk	F	137-138
	400m Dash	F	139-140
	1.5k Walk/Unified Walk (3.75 laps)	M/F	141-143
	1.5k Run (3.75 laps)	M/F	144-145
	50m A/W	F	146
	50m G/W	F	-
	50m Walk	F	147-152
	50m G/R	F	153
	50m Dash	F	154-159
	800m Walk	F	160
	800m Run	F	161
	100m W/C Race	M/F	162

Start	Track Event	Gender	Heats
	100m Walk	M	164-171
	100m Dash	M	172-193
	10m W/C Race	M/F	194-195
	10m A/W	M/F	196-197
	10m G/W	M/F	198
	400m Walk	M	199/300-302
	400m Dash	M	303-307
	3k Road Race	M/F	308
	3k Unified Team Run	M/F	377
	30m Motorized W/C Slalom	M/F	309-310
	30m Non-Motorized W/C Slalom	M/F	-
	50m A/W	M	311
	50m G/W	M	312-313
	50m Walk	M	314-317
	50m G/R	M	373-375
	50m Dash	M	318-323
	50m Motorized W/C Slalom	M/F	324-325
	800m Walk	M	326-327
	800m Run & PENT	M	328-329/103
	200m W/C Race	F	-
	200m Walk	M/F	330-340
	200m Dash	M/F	341-363
	4 x 100m Relay	M/F	364-371
	4 x 100m Unified Relay	M/F	-
	4 x 200m Relay	M/F	-
	4 x 200m Unified Relay	M/F	-
	4 x 400m Unified Relay	M/F	-