

2023 NW Region - Athletics Event Order

Start	Field Event	Gender	Flights
8:45	Shot Put	M	200 - 214
-	W/C Shot	M/F	-
9:00	Standing Long Jump	M	215 - 216
-	Running Long Jump & PENT	M	217 - 223
8:45	Mini-Javelin Throw	M	224 - 233
10:00	Tennis Ball Throw	M	234 - 235
	Softball Throw	M	236 - 247
10:45	Shot Put PENT	PENT	-

Start	Field Event	Gender	Flights
11:00	Shot Put	F	248 - 251
11:30	Mini-Javelin Throw	F	252 - 254
12:00	Tennis Ball Throw	F	255 - 256
	Softball Throw	F	257 - 267
11:15	High Jump & PENT	M/F	-
12:15	Running Long Jump	F	268
-	Standing Long Jump	F	269

Start	Track Event	Gender	Heats
8:00	10k 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
	110m Hurdles	M	-
	100m Hurdles	F	-
	100m PENT	PENT	-
	25m W/C Obstacle	M/F	103
	25m W/C Race	M/F	104
	25m A/W	M/F	105
	25m G/W	M/F	-
	25m G/R	M/F	106 - 107
	400m Walk	F	108
	400m Dash	F	109
	400m W/C Race	M/F	-
	100m Walk	F	110 - 114
	100m Dash	F	115 - 123
	1.5k Walk/Unified Walk (3.75 laps)	M/F	124
	1.5k Run (3.75 laps)	M/F	125
	50m A/W	F	126
	50m G/W	F	127
	50m Walk	F	128 - 129
	50m G/R	F	130
	50m Dash	F	131 - 134
	800m Walk	F	135
	800m Run	F	-
	100m W/C Race	M/F	136

Start	Track Event	Gender	Heats
	100m G/W	M/F	137
	100m Walk	M	138 - 143
	100m Dash	M	144 - 167
	10m W/C Race	M/F	168
	10m A/W	M/F	169
	10m G/W	M/F	-
	400m Walk	M	170
	400m Dash & PENT	M	171 - 173
	3k Road Race	M/F	174
	3k Unified Team Run	M/F	-
	200m W/C	M/F	-
	200m Walk	M/F	175 - 186
	200m Dash	M/F	187 - 316
	30m Motorized W/C Slalom	M/F	317
	30m Non-Motorized W/C Slalom	M/F	318
	50m G/R	M	319 - 320
	50m G/W	M	321 - 322
	50m Walk	M	323
	50m Dash	M	324 - 328
	50m Motorized W/C Slalom	M/F	329
	800m Walk	M	330
	800m Run	M	331 - 332
	4 x 100m Relay	M/F	333 - 337
	4 x 100m Unified Relay	M/F	338 - 339
	4 x 200m Relay	M/F	-
	4 x 200m Unified Relay	M/F	-
	4 x 400m Relay	M/F	340