



SFU High Performance Meet #1

**Saturday, March 18, 2023**

SFU Burnaby Campus at Terry Fox Field and Track

(All events contested on campus except Men's and Women's Hammer Throw at Percy Perry)

\*Tentative Schedule

		<b>TRACK EVENTS</b>	
<b>Hammer Throw contested at Percy Perry Stadium, Coquitlam</b>		1:00pm	Men's & Women's Mixed Community 5km
9:30am	Women's Hammer Men's Hammer (to follow)	1:40pm	Women's 100m Hurdles (33")
		1:50pm	Women's 400m
<b>FIELD EVENTS</b>		2:00pm	Men's 400m
1:00pm	Women's Triple Jump	2:10pm	Women's 100m
1:30pm	Women's Shot Put Men's Shot Put (to follow)	2:20pm	Men's 100m
1:45pm	Men's Triple Jump	2:30pm	Women's 400m Hurdles (30")
2:30pm	Women's High Jump Men's Long Jump	2:45pm	Men's 400m Hurdles (36")
2:30pm	Women's Javelin Men's Javelin (to follow)	2:55pm	Women's 3000m
3:30pm	Women's Long Jump Men's High Jump	3:15pm	Men's 3000m
		3:30pm	Women's 800m
		3:40pm	Men's 800m
		3:50pm	Women's 200m
		4:00pm	Men's 200m
		4:10pm	Women's 1500m
		4:20pm	Men's 1500m
		4:30pm	Men's 4x400m
		4:40pm	Women's 4x400m

