



# 2023 UBC Open Tentative Schedule

Date: March 25/26, 2023

Location: Rashpal Dhillon Track and Field Oval, UBC Campus (Corner of Wesbrook/16th Ave)

Meet Directors: Jv Patry-Smith & Hailey Kjaer | email: [ubcmeetdirector@gmail.com](mailto:ubcmeetdirector@gmail.com)

Last updated: Jan 08, 2023

Meet website: <https://ubcmeetdirector.wixsite.com/website>

## SATURDAY MARCH 25

<b>Field Events</b> <i>Runways TBD based on wind</i>	<b>Track Events</b> <i>Heats will be run fast to slow, W before M</i>
10:10 W Hammer	11:00 M/W 3000m/5000m combined race walk
10:00 M Pole Vault	12:00 Dec 100m
11:10 M Hammer	12:15 Hep 100mH
11:15 M High Jump & W Long Jump	12:20 W100mH
12:10 M/W Discus	12:40 M110mH
1:00 W Pole Vault	1:00 1500m
12:50 Hep High Jump	1:45 400mH
1:05 Dec Long Jump	2:10 800m
1:30 W High Jump	2:45 100m
1:55 M Long Jump	3:40 400m
3:00 M Javelin	4:00 W5,000m
2:35 M/Dec Shot Put	4:30 M5,000m Heat 1
3:35 W/Hep Shot Put	5:20 Hep 200m
4:30 W Javelin	5:30 200m
4:10 M/W Triple Jump	6:00 Dec 400m
4:25 Dec High Jump	



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## SUNDAY MARCH 26

<b>Field Events</b> <i>Runways TBD based on wind</i>	<b>Track Events</b> <i>Heats will be run fast to slow</i>
10:30 Dec Discus	10:00 Dec 110mH
11:00 Hep Long Jump	10:30 M 3000m Steeplechase
11:30 Dec Pole Vault	11:00 W 4x800m Relay
12:00 Hep Javelin	11:20 M 4x800m Relay
12:30 Dec Javelin	11:40 W 3000m Steeplechase
	1:00 Hep 800m
	1:45 Dec 1500m