

# 2023 Eastern Utah Championships

## April 21,2023

**Coaches Meeting 1:00 p.m.**

**Running Events –Timed  
Finals**

**Field Events – Prelims &  
Finals**

**1:30 P.M.**

**1:30 P.M.**

1600 Medley Relay

Girls Shot Put

100 M Hurdles

Boys Discus

110 M Hurdles

Girls Javelin

100 M Girls/Boys

Girls High Jump

1600 Meter Girls/Boys

Boys Long Jump

4x100 Meter Relay

400 M Girls/Boys

300 M Hurdles Girls/Boys

**Followed by:**

800 M Girls/Boys

Boys Shot

200 M Girls/Boys

Girls Discuss

3200 Meter Girls/Boys

Boys Javelin

4x4 Relay Girls/Boys

Boys High Jump

Girls Long Jump

**\*\*Limits \*\* 4 events per  
athlete unlimited entries per  
school except 1 relay per  
school**