

GHAC Day One - Mohawk Sports Park - May 16, 2023

Track			Field		
10:00	100m -Backstretch	Heats	10:00	SG	Long Jump Prelim*
	NB JB SB		10:45	NB	Long Jump Prelim*
10:00	100m -Homestretch	Heats	11:30	JG	Long Jump Prelim*
	NG JG SG		12:15	JB	Long Jump Prelim*
12:00	200m	Heats	1:00	NG	Long Jump Prelim*
	NG NB JG JB SG SB		1:45	SB	Long Jump Prelim*
16 advance based strictly on time			*3 jumps, top 16 advance		

Events may run up to 30 min ahead when possible

GHAC Day Two - Mohawk Sports Park - May 25, 2023

Track					
10:00	2000m Steeplechase	Timed	12:15	1500m (NG NB JG JB)	Timed
	OG OB	Final	1:00	400m	Timed
10:30	Sprint Hurdles	Timed		NG NB JG JB SG SB	Final
	NG80m JG80m SG100m	Final	2:40	1500m (SG SB)	Timed
	NB100m JB100m SB110m		3:15	100m	Final
11:30	100m	Semi		NG NB JG JB SG SB	
	Para* NG NB JG JB SG SB	Final		*Final for Para with Semi's	

Field

	High Jump		Javelin		Long Jump Final	
10:00	NG		JG		SG	
10:45	SB		JB		NB	
11:30	SG		NG		JG	
12:15	NB		SB		JB	
1:00	JG		SG		NG	
1:45	JB		NB		SB	

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GHAC Day Three - Mohawk Sports Park - May 26, 2023

Track					
10:00	3000m	Final	1:30	Intermediate Hurdles	Timed
	SG SB			NG300m JG300m SG400m	Final
10:30	4 x 100m Relay	Timed		NB300m JB300m SB400m	
	NG NB JG JB SG SB	Final	2:30	3000m	Final
11:45	800m	Timed		JG JB	
	Para NG NB JG JB SG SB	Final	3:00	200m	Final
	**Para: VI II AMB			*SG SB JG JB NG NB WC	*ORDER
12:50	200m	Semi	3:30	3000m	Final
	NG NB JG JB SG SB	Final		NG NB	
			4:00	4 X 400m	Timed
				OG OB	Final

Field

	Shot Put		Triple J		Discus	
10:00	NG		JG		SG	
10:45	NB		JB		SB	
11:30	SG		NG		JG	
12:15	SB		NB		JB	
1:00	JG		SG		NG	
1:45	JB		SB		NB	
2:30	Para (WC AMB)					

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