

2023 Cassels XBC Track Experience
Chantilly HS
April 29, 2023

TENTATIVE MEET SCHEDULE (the 8:30 am and 12:30 pm session times will remain, but all events following will be rolling)

7:30 Registration begins; Weigh-in for pole vaulters.

8:15 Coaches Meeting

8:30 Girls Shot Put followed by Boys Shot Put
Boys Discus followed by Girls Discus
Girls Long Jump followed by Girls Triple Jump
Boys Long Jump followed by Boys Triple Jump

9:00 Boys High Jump followed by Girls High Jump
Girls Pole Vault followed by Boys Pole Vault

8:30 Girls 3200m Run (30)- 2 sections

9:00 Boys 3200m Run (43)- 3 sections

9:55 Girls 100 Meter Low Hurdles (26)- 5 sections

10:10 Boys 110 Meter High Hurdles (34)-6 sections

10:30 Girls 400 Meter Dash (42) 7 sections

10:50 Boys 400 Meter Dash (51) -9 sections

11:10 Girls 1600m Run (unseeded heats- top heat in afternoon) (36) 3 sections (2 in am)

11:25 Boys 1600m Run (unseeded heats-top heat in afternoon) (51) 4 sections (3 in am)

12:15 PM (Recognition of Chantilly HS presentation of Boone Cox Memorial Award, singing of National Anthem)

12:30 Girls 4x800m Relay (5)- 1 section

12:45 Boys 4x800m Relay (13)- 1 section

1:00 Girls 100m Dash (45) 8 sections

1:15 Boys 100m Dash (48) 8 sections

1:30 Girls 1600m Run (top heat only)

1:38 Boys 1600m Run (top heat only)

1:50 Girls 4x100m Relay (13) 3 sections

2:00 Boys 4x100m Relay (21) 4 sections

2:20 Girls 300m Hurdles (22) 4 sections

2:30 Boys 300m Hurdles 36 (6) sections

2:45 Girls 800m (42) 3 sections

3:00 Boys 800m Run (49) 4 sections

3:20 Girls 200m Dash (43) 8 sections

3:40 Boys 200m Dash (50) 9 sections

4:00 Girls Freshman 1600m Run (25) 2 sections

4:15 Boys Freshman 1600m Run (37) 3 sections

4:35 Girls 4x400m Relay 14 (3) sections

4:55 Boys 4x400m Relay 16 (3) sections

5:15 Team Awards & Presentation of MVP Awards

Live Results and updated Heat Lists will be posted on Milestat Live, and can be accessed using the following QR Code.

