

# NSCHSAA & NSCHSGAA Indoor Championship Meets

## January 29, 2023

**Entries are due on MileSplit by midnight on Friday, January 27<sup>th</sup>, 2023**

### ORDER OF EVENTS

#### RUNNING EVENTS: Fast to slow

10:00 AM	Boys 4 x 200 Meter Relay	6 Fastest Advance	
10:10 AM	Girls 4 x 200 Meter Relay	6 Fastest Advance	
10:25 AM	Boys 3200 Meter Run	1 section of 18	
10:40 AM	Girls 3000 Meter Run	1 section of 18	
10:50 AM	Boys 55 Meter Dash	6 Fastest Advance	(12 Heats)
11:10 AM	Girls 55 Meter Dash	6 Fastest Advance	(12 Heats)
11:25 AM	Boys 600 Meter Run*	4 in lanes	(1:38 – Break in)
	Girls 600 Meter Run*	4 in lanes	(2:00 – Break in)
11:40 AM	Boys 55m Hurdles	6 Fastest Advance	
	Girls 55m Hurdles	6 Fastest Advance	
12:00 PM	Boys 55 Meter Dash	Final	
	Girls 55 Meter Dash	Final	
12:25 PM	Boys 1000 Meter Run*	3 Section Final	(3:30 Break in)
	Girls 1000 Meter Run*	3 Section Final	(4:00 Break in)
12:45 PM	Girls 55 Meter Hurdles	Final	
12:40 PM	Boys 55 Meter Hurdles	Final	
12:50 PM	Boys 300 Meter Dash	6 Fastest	(12 Heats)
1:05 PM	Girls 300 Meter Dash	6 Fastest	(12 Heats)
1:20 PM	Boys 1600 Meter Run*	3 Section Final	(5:30 Break in)
1:40 PM	Girls 1500 Meter Run*	3 Section Final	(6:00 Break in)
1:55 PM	Boys 300 Meter Dash	Final	
2:00 PM	Girls 300 Meter Run	Final	
2:05 PM	Boys 4 x 800 Meter Relay	1 Section	
2:15 PM	Girls 4 x 800 Meter Relay	1 Sections	
2:25 PM	Boys 4 x 400 Meter Relay*	2 Sections	
2:35 PM	Girls 4 x 400 Meter Relay*	2 Sections	
2:45 PM	Boys 4 x 200 Meter Relay	Final	
2:55 PM	Girls 4 x 200 Meter Relay	Final	

\*Sections could increase or decrease depending on entries

**Field Events: Top 18 seeded athletes will throw or jump first bringing back 6 for the finals. Remaining throwers and jumpers will then compete at the conclusion of the finals.**

Girls Pole Vault (1) Start at 7' – 7'6 – 8'0 – 8'6 – 9'0 – 9'6 – 10'0 – 10'6 – 11'0 (Must clear 7' to score)  
 Boys Pole Vault (2) Start at 8' – 8'6 – 9'0 – 9'6 – 10'0 – 10'6 – 11'0 – 11'6 – 12'0

Girls High Jump (1) Start at 4'0 – 4'3 – 4'6 – 4'8 – 4'10 – Then 1" thereafter.  
 Boys High Jump (2) Start at 5'0 – 5'3 – 5'6 – 5'8 – 5'10 – Then 1" thereafter.

Boys Shot Put will throw first followed by the Girls'

Each school is permitted to enter 3 athletes in the Long and Triple Jumps. Additional jumpers may be added provided They have already jumped the minimum measurement.

Boys Long Jump (1)	Only one measurement under 17'	Raker – Chaminade
Girls Long Jump (2)	Only one measurement under 13'	Raker – Kellenberg
Boys Triple Jump (3)	Only one measurement under 36'	Raker – Kellenberg
Girls Triple Jump (4)	Only one measurement under 28'	Raker – St. John the Baptist

Jury of Appeals: Donal Buckley, Charlie Millioen, Tony Toro