

## Western Colorado Open and Multi

December 9, 2023

### Saturday

11:35 – 60m Prelim (M)  
11:45 – 60m Prelim (W)  
12:00 – 5000m (M) - 2 Heats

#### OFFICIALS BREAK

1:10 – Mile (M)  
1:20 – Mile (W)  
1:30 – 400m (M)  
1:40 – 400m (W)  
1:50 – 60mh Final (M)  
1:55 – 60mh Final (W)  
2:00 – 60m Final (M)  
2:05 – 60m Final (W)  
2:10 – 800m (M)  
  
2:20 – 800m (W)  
2:30 – 200m (M)  
2:40 – 200m (W)  
2:50 – 3000m (M) - 2 Heats  
3:10 – 3000m (W) - 2 Heats  
3:40 – 4x400m (M)  
3:50 – 4x400m (W)

#### Field Events

11:00 – Weight Throw (M, W)  
Long Jump (M, W)  
High Jump (W, M)  
Pole Vault (W, M)  
  
12:30 – Shot Put (M, W) (30 min after end of  
Weight Throw)  
Triple Jump (M, W) (30 min after end of  
Long Jump)

