

2023 CCYTL Contested Events

Athletes can compete in

2-Running/1-Field or 2-Field/1-Running
and 3200m Run, All Relays/Hurdles

Order of Events 2023

RUNNING EVENTS:

9:15 AM First Event

1600M Run	(9-18 Yr Olds)
Sprint Hurdles	(80M and 100M) Based on Location and Entries
4x75M Shuttle Relays	(4-6 combined genders)
4x100M Relays	(7-18 Yr Olds)
50M	(4-10 Yr Olds)
100M	(4-6 Yr Olds ONLY)
4-6 Year Olds are Done	
400M Dash	(7-18 Yr Olds)
100M Dash	(7-18 Yr Olds)
800M Dash	(7-18 Yr Olds)
200M Dash	(7-18 Yr Olds)
4x400M Relays	(7-18 Yr Olds)

FIELD EVENTS:

8:30 AM First Event

Shot Put	Ages 7-18	Softball Throw	Ages 4-15
High Jump	Ages 9-18	Long Jump	Ages 7-18
Standing Long Jump	Ages 4-18	Discus/Javelin (If space permits)	

****RELAY MEET****

Relay Meet **Saturday April 8th** @ Life University beginning at 9AM (Spring Break)

-Sprint Medley, Distance Medley, 4x50M, 4x100M, 4x200M, 4x400M, 4x800M, LJ, SP

Plus the Parent/Coach Relay as the highlight event of the meet