

NBL Track & Field Championship - 5/2/2023 to 5/4/2023**Rancho Cotate High School****Session Report**

Session: 1 Day 1

Day 1 - Tuesday 5/2/2023 - Starts at 03:00 PM

Event	Round
4:00 PM #37 Girls 100 Meter Hurdles Junior Varsity	Prelims
4:06 PM #5 Girls 100 Meter Hurdles Varsity	Prelims
4:20 PM #38 Boys 110 Meter Hurdles Junior Varsity	Prelims
4:30 PM #39 Girls 400 Meter Dash Junior Varsity	Prelims
4:35 PM #40 Boys 400 Meter Dash Junior Varsity	Prelims
4:40 PM #7 Girls 400 Meter Dash Varsity	Prelims
4:45 PM #8 Boys 400 Meter Dash Varsity	Prelims
5:05 PM #41 Girls 100 Meter Dash Junior Varsity	Prelims
5:30 PM #42 Boys 100 Meter Dash Junior Varsity	Prelims
5:45 PM #9 Girls 100 Meter Dash Varsity	Prelims
5:55 PM #10 Boys 100 Meter Dash Varsity	Prelims
6:15 PM #13 Girls 300 Meter Hurdles Varsity	Prelims
6:24 PM #47 Girls 200 Meter Dash Junior Varsity	Prelims
6:39 PM #48 Boys 200 Meter Dash Junior Varsity	Prelims
6:59 PM #15 Girls 200 Meter Dash Varsity	Prelims
7:09 PM #16 Boys 200 Meter Dash Varsity	Prelims
7:24 PM #69 Girls 4x800 Meter Relay Junior Varsity	Finals
7:24 PM #71 Girls 4x800 Meter Relay Varsity	Finals
7:40 PM #70 Boys 4x800 Meter Relay Junior Varsity	Finals
7:40 PM #72 Boys 4x800 Meter Relay Varsity	Finals
3:00 PM #53 Girls High Jump Junior Varsity	Finals
4:15 PM #21 Girls High Jump Varsity	Finals
3:00 PM #60 Boys Pole Vault Junior Varsity	Finals
4:15 PM #28 Boys Pole Vault Varsity	Finals
3:00 PM #61 Boys Long Jump Junior Varsity	Prelims
4:15 PM #29 Boys Long Jump Varsity	Prelims
5:30 PM #55 Girls Long Jump Junior Varsity	Prelims
6:45 PM #23 Girls Long Jump Varsity	Prelims
3:00 PM #57 Girls Shot Put Junior Varsity	Prelims
4:15 PM #25 Girls Shot Put Varsity	Prelims
5:30 PM #63 Boys Shot Put Junior Varsity	Prelims
6:45 PM #31 Boys Shot Put Varsity	Prelims
3:00 PM #64 Boys Discus Throw Junior Varsity	Prelims
4:15 PM #32 Boys Discus Throw Varsity	Prelims
5:30 PM #58 Girls Discus Throw Junior Varsity	Prelims
4:15 PM #24 Girls Triple Jump Varsity	Prelims
6:45 PM #30 Boys Triple Jump Varsity	Prelims

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Session: 2 Day 2

Day 3 - Thursday 5/4/2023 - Starts at 03:00 PM

Event	Round
4:00 PM #33 Girls 4x100 Meter Relay Junior Varsity	Finals
4:04 PM #34 Boys 4x100 Meter Relay Junior Varsity	Finals
4:08 PM #1 Girls 4x100 Meter Relay Varsity	Finals
4:12 PM #2 Boys 4x100 Meter Relay Varsity	Finals
4:20 PM #35 Girls 1600 Meter Run Junior Varsity	Finals
4:28 PM #36 Boys 1600 Meter Run Junior Varsity	Finals
4:43 PM #3 Girls 1600 Meter Run Varsity	Finals
4:51 PM #4 Boys 1600 Meter Run Varsity	Finals
5:10 PM #37 Girls 100 Meter Hurdles Junior Varsity	Finals
5:13 PM #5 Girls 100 Meter Hurdles Varsity	Finals
5:20 PM #38 Boys 110 Meter Hurdles Junior Varsity	Finals
5:23 PM #6 Boys 110 Meter Hurdles Varsity	Finals
5:30 PM #39 Girls 400 Meter Dash Junior Varsity	Finals
5:34 PM #40 Boys 400 Meter Dash Junior Varsity	Finals
5:38 PM #7 Girls 400 Meter Dash Varsity	Finals
5:44 PM #8 Boys 400 Meter Dash Varsity	Finals
5:52 PM #41 Girls 100 Meter Dash Junior Varsity	Finals
5:55 PM #42 Boys 100 Meter Dash Junior Varsity	Finals
5:58 PM #9 Girls 100 Meter Dash Varsity	Finals
6:04 PM #10 Boys 100 Meter Dash Varsity	Finals
6:15 PM #43 Girls 800 Meter Run Junior Varsity	Finals
6:20 PM #44 Boys 800 Meter Run Junior Varsity	Finals
6:26 PM #11 Girls 800 Meter Run Varsity	Finals
6:30 PM #12 Boys 800 Meter Run Varsity	Finals
6:38 PM #45 Girls 300 Meter Hurdles Junior Varsity	Finals
6:41 PM #13 Girls 300 Meter Hurdles Varsity	Finals
6:48 PM #46 Boys 300 Meter Hurdles Junior Varsity	Finals
6:51 PM #14 Boys 300 Meter Hurdles Varsity	Finals
7:00 PM #47 Girls 200 Meter Dash Junior Varsity	Finals
7:03 PM #48 Boys 200 Meter Dash Junior Varsity	Finals
7:09 PM #15 Girls 200 Meter Dash Varsity	Finals
7:15 PM #16 Boys 200 Meter Dash Varsity	Finals
7:25 PM #49 Girls 3200 Meter Run Junior Varsity	Finals
7:40 PM #50 Boys 3200 Meter Run Junior Varsity	Finals
7:55 PM #17 Girls 3200 Meter Run Varsity	Finals
8:10 PM #18 Boys 3200 Meter Run Varsity	Finals
8:25 PM #51 Girls 4x400 Meter Relay Junior Varsity	Finals
8:31 PM #52 Boys 4x400 Meter Relay Junior Varsity	Finals
8:37 PM #19 Girls 4x400 Meter Relay Varsity	Finals
8:43 PM #20 Boys 4x400 Meter Relay Varsity	Finals
3:00 PM #59 Boys High Jump Junior Varsity	Finals
4:15 PM #27 Boys High Jump Varsity	Finals
3:00 PM #54 Girls Pole Vault Junior Varsity	Finals

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Session: 2 Day 2

Day 3 - Thursday 5/4/2023 - Starts at 03:00 PM

Event	Round
4:15 PM #22 Girls Pole Vault Varsity	Finals
3:00 PM #61 Boys Long Jump Junior Varsity	Finals
4:15 PM #29 Boys Long Jump Varsity	Finals
5:30 PM #55 Girls Long Jump Junior Varsity	Finals
6:45 PM #23 Girls Long Jump Varsity	Finals
3:00 PM #56 Girls Triple Jump Junior Varsity	Finals
4:15 PM #24 Girls Triple Jump Varsity	Finals
5:30 PM #62 Boys Triple Jump Junior Varsity	Finals
6:45 PM #30 Boys Triple Jump Varsity	Finals
3:00 PM #57 Girls Shot Put Junior Varsity	Finals
4:15 PM #25 Girls Shot Put Varsity	Finals
5:30 PM #63 Boys Shot Put Junior Varsity	Finals
6:45 PM #31 Boys Shot Put Varsity	Finals
3:00 PM #64 Boys Discus Throw Junior Varsity	Finals
4:15 PM #32 Boys Discus Throw Varsity	Finals
5:30 PM #58 Girls Discus Throw Junior Varsity	Finals
6:45 PM #26 Girls Discus Throw Varsity	Finals