

EBAL Track & Field Championships - 5/5/2023 to 5/6/2023**San Ramon Valley High School****Session Report**

Session: 1 Varsity Finals

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

Event	Round
3:00 PM #29 Boys Long Jump Varsity	Finals
5:15 PM #23 Girls Long Jump Varsity	Finals
3:00 PM #24 Girls Triple Jump Varsity	Finals
5:15 PM #30 Boys Triple Jump Varsity	Finals
3:00 PM #31 Boys Shot Put Varsity	Finals
5:15 PM #25 Girls Shot Put Varsity	Finals
3:00 PM #26 Girls Discus Throw Varsity	Finals
5:15 PM #32 Boys Discus Throw Varsity	Finals
3:00 PM #27 Boys High Jump Varsity	Finals
5:15 PM #21 Girls High Jump Varsity	Finals
3:00 PM #22 Girls Pole Vault Varsity	Finals
5:15 PM #28 Boys Pole Vault Varsity	Finals
3:00 PM #1 Girls 4x100 Meter Relay Varsity	Finals
3:08 PM #2 Boys 4x100 Meter Relay Varsity	Finals
3:12 PM #3 Girls 1600 Meter Run Varsity	Finals
3:26 PM #4 Boys 1600 Meter Run Varsity	Finals
3:41 PM #5 Girls 100 Meter Hurdles Varsity	Finals
3:51 PM #6 Boys 110 Meter Hurdles Varsity	Finals
4:06 PM #7 Girls 400 Meter Dash Varsity	Finals
4:16 PM #8 Boys 400 Meter Dash Varsity	Finals
4:31 PM #9 Girls 100 Meter Dash Varsity	Finals
4:41 PM #10 Boys 100 Meter Dash Varsity	Finals
4:56 PM #11 Girls 800 Meter Run Varsity	Finals
5:04 PM #12 Boys 800 Meter Run Varsity	Finals
5:16 PM #13 Girls 300 Meter Hurdles Varsity	Finals
5:26 PM #14 Boys 300 Meter Hurdles Varsity	Finals
5:40 PM #15 Girls 200 Meter Dash Varsity	Finals
5:50 PM #16 Boys 200 Meter Dash Varsity	Finals
6:03 PM #69 Girls 4x800 Meter Relay Varsity	Finals
6:16 PM #70 Boys 4x800 Meter Relay Varsity	Finals
6:26 PM #17 Girls 3200 Meter Run Varsity	Finals
6:41 PM #18 Boys 3200 Meter Run Varsity	Finals
6:53 PM #19 Girls 4x400 Meter Relay Varsity	Finals
7:06 PM #20 Boys 4x400 Meter Relay Varsity	Finals

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Session: 2 Frosh/Soph & Unified Finals
Day 2 - Saturday 5/6/2023 - Starts at 10:00 AM

Event	Round
10:00 AM #61 Boys Long Jump Frosh/Soph	Finals
11:30 AM #68 Boys Long Jump Unified	Finals
11:30 AM #67 Girls Long Jump Unified	Finals
12:00 PM #55 Girls Long Jump Frosh/Soph	Finals
10:00 AM #56 Girls Triple Jump Frosh/Soph	Finals
12:00 PM #62 Boys Triple Jump Frosh/Soph	Finals
10:00 AM #63 Boys Shot Put Frosh/Soph	Finals
10:00 AM #76 Boys Shot Put Unified	Finals
12:00 PM #57 Girls Shot Put Frosh/Soph	Finals
10:00 AM #58 Girls Discus Throw Frosh/Soph	Finals
12:00 PM #64 Boys Discus Throw Frosh/Soph	Finals
10:00 AM #59 Boys High Jump Frosh/Soph	Finals
12:00 PM #53 Girls High Jump Frosh/Soph	Finals
10:00 AM #54 Girls Pole Vault Frosh/Soph	Finals
12:00 PM #60 Boys Pole Vault Frosh/Soph	Finals
10:00 AM #74 Boys 4x100 Meter Relay Unified	Finals
10:04 AM #33 Girls 4x100 Meter Relay Frosh/Soph	Finals
10:08 AM #34 Boys 4x100 Meter Relay Frosh/Soph	Finals
10:16 AM #35 Girls 1600 Meter Run Frosh/Soph	Finals
10:29 AM #36 Boys 1600 Meter Run Frosh/Soph	Finals
10:46 AM #37 Girls 100 Meter Hurdles Frosh/Soph	Finals
10:45 AM #38 Boys 110 Meter Hurdles Frosh/Soph	Finals
11:09 AM #65 Girls 100 Meter Dash Unified	Finals
11:12 AM #66 Boys 100 Meter Dash Unified	Finals
11:19 AM #39 Girls 400 Meter Dash Frosh/Soph	Finals
11:29 AM #40 Boys 400 Meter Dash Frosh/Soph	Finals
11:41 AM #41 Girls 100 Meter Dash Frosh/Soph	Finals
11:50 AM #42 Boys 100 Meter Dash Frosh/Soph	Finals
12:08 PM #43 Girls 800 Meter Run Frosh/Soph	Finals
12:14 PM #44 Boys 800 Meter Run Frosh/Soph	Finals
12:26 PM #45 Girls 300 Meter Hurdles Frosh/Soph	Finals
12:38 PM #46 Boys 300 Meter Hurdles Frosh/Soph	Finals
12:52 PM #47 Girls 200 Meter Dash Frosh/Soph	Finals
1:01 PM #48 Boys 200 Meter Dash Frosh/Soph	Finals
1:14 PM #71 Girls 4x800 Meter Relay Frosh/Soph	Finals
1:29 PM #72 Boys 4x800 Meter Relay Frosh/Soph	Finals
1:41 PM #49 Girls 3200 Meter Run Frosh/Soph	Finals
1:58 PM #50 Boys 3200 Meter Run Frosh/Soph	Finals
2:10 PM #51 Girls 4x400 Meter Relay Frosh/Soph	Finals
2:16 PM #52 Boys 4x400 Meter Relay Frosh/Soph	Finals