

2023 Nutmeg State Games 7/8/23 T&F Meet Schedule

Event Times will NOT start earlier than scheduled.

- **8:00 am - Javelin & Turbo Jav Women** - Youngest to Oldest 6&U → 80+
- **8:00 am - Shot Put Women** - Oldest to Youngest: 80+ → 8U
- **8:00 am - Discus Men**-Oldest to Youngest: 80+ → 8U
- **8:30 am - High Jump Men** -Youngest to Oldest: 8&U → 80+
- **8:30 am - Pole Vault Men & Women**-Men will begin at 8:30 am followed by the Women
- **9:00 am - Long Jump & Triple Jump Men's & Women's**- Youngest to Oldest 8U → 80+
 - Triple jump will begin after the completion of the Long jump
 - Pit 1- Women Pit 2 -Men-
- **10:30 am - Javelin & Turbo Jav Men**-Youngest to Oldest: 6&U → 80+
- **10:30 am - Shot Put Men** -Oldest to Youngest: 80+ → 8U
- **11:30 am - Discus Women**-Oldest to Youngest: 80+ → 8U
- **11:00 am - High Jump Women**-Youngest to Oldest: 8&U → 80+

- **10:30 am - TRACK EVENTS BEGIN and will run in succession:**

- One Mile Race Walk
- 4 x 100 Meters Relay (exhibition)
- 100 Meters
- One Mile Run
- 400 Meters
- 800 Meters
- 200 Meters
- Two Mile Run
- 4X400 Relay (exhibition)