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|--------------------|-----------------------|--------------------|-------------------|-------------------|--------------------|--------------|------------------|--------------------|--------------|
| Ogden | April 13, 2023 | Score: 93 | Place: 3rd | | | | | | |
| Event | | Performance | Place | | Performance | Place | | Performance | Place |
| Shot Put | Rori Cook | 30-0950 | 9th | Emma Wiebold | 32-11.50 | 5th | | | |
| Shot Put (JV) | Emily Ely | | | Natalie Wood | 24-09.5 | 19th | | | |
| Discus | Erin Ades | 102-07 | 3rd | Emma Wiebold | 107-06 | 1st | Josalyn Elmquist | 59-04 | 18th |
| High Jump | Noelle Johnson | 04-06 | 5th | | | | | | |
| Long Jump | Joslyn Messler | 13-11 | 8th | Norah Baber | 12-06.50 | 14th | Alexis Wheeler | 12-00.50 | 15th |
| | | | | | | | | | |
| Event | | | | | Performance | Place | | | |
| Sprint Medley | Kelsea Moorman | Erin Ades | Sydney Adams | Carly Busch | 2:00.8 | 1st | | | |
| Sprint Medley - JV | Avah Hayes | Taylor Arringdale | Norah Baber | Mady Davidson | 2:12.80 | 1st | | | |
| 3000 m | | | | | | | | | |
| 4X800?? | Lila Crouthamel | Avery Chesnut | Chelbie Brown | Anna Gute | 12:46.10 | 5th | | | |
| Shuttle Hurdle | | | | | | | | | |
| | | | | | | | | | |
| Event | | Performance | Place | | Performance | Place | | | |
| 100 m | Carly Busch | 14.55 | 2nd | Taylor Arringdale | 15.71 | 12th | | | |
| 100m - JV | Alexis Wheeler | 17.96 | 19th | Noelle Johnson | 16.68 | 16th | | | |
| Distance Medley | Mady Davidson | Joslyn Messler | Elaina Wadzinski | Anna Gute | 5:10.01 | 3rd | | | |
| 400 m | Natalee Danner | 1:08.77 | 2nd | Lila Crouthamel | 1:09.72 | 3rd | | | |

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| 400m | Sam Campbell | 1:15.41 | 9th | | | | | | |
| 4X200 | Kelsea Moorman | Taylor Arringdale | Erin Ades | Natalee Danner | 1:57.93 | 3rd | | | |
| 4x200 - JV | Kira Majak | Chloe Champ | Chelbie Brown? | Avah Hayes | 2:15.27 | 3rd | | | |
| 100m Hurdles | Alexis Wheeler | 19.28 | 4th | Grayce Baker | 21.37 | 15th | | | |
| 100m Hurdles - JV | Mady Davidson | 22.39 | 16th | | | | | | |
| 800 m | Avery Chesnut | 3:12.43 | 9th | Tessa Gute | 4:00.04 | 13th | | | |
| 200m | Kelsea Moorman | 28.54 | 1st | Taylor Arringdale | 31.81 | 9th | | | |
| 200m - JV | Sam Campbell | 32.77 | 12th | | | | | | |
| 400 m Hurdles | | | | | | | | | |
| 1500 m | | | | | | | | | |
| 4X100 | Kelsea Moorman | Natalee Danner | Erin Ades | Sydney Adams | 52.7 | 2nd | | | |
| 4x100 - JV | Kira Majak | Chloe Champ | Norah Baber | Avah Hayes | 59.68 | 10th | | | |
| 4X400 | Carly Busch | Elaina Wadzinski | Joslyn Messler | Natalee Danner | 4:37.10 | 3rd | | | |