

CCAC T&F Conference Meet Schedule

Friday:

Field Events:

4:00pm Javelin (Men followed by Women)
Discus (Women followed by Men)
High Jump (Women followed by Men)

Running Events:

(Women run first unless noted. Fast sections first if applicable)

5:30pm 100m/110m Hurdles Trials
5:55pm Steeple (Men)
6:15pm Steeple (Women)
6:35pm 100m Dash Trials
7:05pm 4x800m Relay
7:25pm 10,000m run (Women)
8:15pm 200m Dash Trials
8:35pm 10,000m run (Men)

Saturday:

Field Events:

3:00pm Pole Vault (Men followed by Women)
Long Jump (M – East Runway, W – West Runway)
Hammer (Women followed by Men)
Shot Put (Men followed by Women)
5:15pm Triple Jump (Women-West followed by Men-East)

Running Events:

(Women run first unless noted. Fast sections first if applicable)

5:30pm 4 x 100m Relay
5:40pm 1500m Run
6:05pm 100m /110m Hurdle Finals
6:15pm 400m Dash
6:30pm 100m Dash Finals
6:40pm 800m Run
7:05pm 400m Hurdles
7:20pm 200m Dash Final
7:40pm 5000m Run
8:25pm 4 x 400m Relay

**All field events will be given 3 prelim attempts and top 9 to the finals

**Athletes check in 15-20 minutes prior to their event at starting line

**Field event athletes check in at their respective event site

**Weigh-in: Friday 3:00-3:30pm/ Saturday 2:00-2:30pm