



CCAC Outdoor Track and Field Conference Meet- May 5-6, 2017

Outdoor Championship Meet Order of Events

Day One (Friday)

Field Events

- 4:00 p.m. Javelin (m/w)
- 4:00 p.m. Discus (w/m)
- 4:00 p.m. High Jump (w/m)
- 4:00 p.m. Long Jump (Women- West Pit/ Men- East Pit)

Track Events

- 5:30 p.m. 100m hurdles/110m hurdles (trials)
- 5:55 p.m. Steeple (men, one heat)
- 6:15 p.m. Steeple (women, one heat)
- 6:35 p.m. 100m dash (trials) (w/m)
- 7:05 p.m. Race-walk (men and women combined)
- 7:35 p.m. 4x800 relay (w/m)
- 8:10 p.m. 200m (semi's) (w/m)
- 8:25 p.m. 10,000m run (women followed by men)
- 9:30 p.m. End of Day One

Day Two (Saturday)

Field Events

- 4:00 p.m. Pole Vault (men followed by women)
- Hammer (women followed by men)
- Shot Put (men followed by women)
- 4:00 p.m. Triple Jump (Women- West/ Men- East Pit)

Track Events (women run first unless noted)

- 5:30 p.m. 4x100m relay
- 5:40 p.m. 1500m run
- 6:30 p.m. 100m/110m hurdle (finals)
- 6:40 p.m. 400m dash
- 7:05 p.m. 100m dash (finals)
- 7:15 p.m. 800m run
- 7:50 p.m. 400m hurdles
- 8:15 p.m. 200m dash (finals)
- 8:25 p.m. 5,000m run (women one heat, men one heat)(unless voted on by Game Committee)
- 9:15 p.m. 4x400m relay
- 9:40 p.m. AWARDS