

2017 Conference Carolinas Track and Field Championships Schedule of Events

Friday April 28th, 2017

Field Events:

- 1pm Javelin prelims & finals (Men)
- 1pm Hammer prelims & finals (women)
- 1pm LJ prelims & finals Men & Women
- 3pm High jump finals (women)
- 3pm. Javelin Prelim and final (women)
- 3pm Hammer prelims and finals (men)
- 5pm High jump finals (men)

Track Events (all times are approximate)

- 3:30pm 1,500m run prelims (men)
- 3:45pm 1,500m run prelims (women)
- 4:00pm 110H prelims (men)
- 4:10pm 100H prelims (women)
- 4:25pm 400m dash prelims (men)
- 4:35pm 400m dash prelims (women)
- 4:45pm 100m dash prelims (men)
- 4:55pm 100m dash prelims (women)
- 5:05pm 800m run prelims (men)
- 5:15pm 800m run prelims (women)
- 5:30pm 400H prelims (men)
- 5:40pm 400H prelims (women)
- 5:50pm 200m dash prelims (men)
- 6:00pm 200m dash prelims (women)
- 6:05pm 10,000m run final (men)
- 6:45pm 10,000 meter run final (women)

Saturday, April 29th, 2017

Field Events:

- 10am Shot prelim & final (men, 2 rings)
- 10am Pole vault finals (men)
- 10am TJ prelim & final Men & Women
- 12pm Shot prelim & final (women, 2 rings)
- 12pm Discus prelims & finals (men)
- 12pm Pole vault finals (women)
- 2pm Discus prelim and finals (women)

Or 30min after men – whichever is first!!

Running Events (all finals)

- 12:30pm 3,000m steeplechase (men)
- 12:50pm 3,000m steeplechase (women)
- 1:10pm 4x100m relay (men)
- 1:15pm 4x100m relay (women)
- 1:25pm 1,500 run (men)
- 1:35pm 1,500m run (women)
- 1:45pm 110H (men)
- 1:55pm 100m (women)
- 2:05pm 400m dash (men)
- 2:10pm 400m dash (women)
- 2:20pm 100m dash (men)
- 2:25pm 100m dash (women)
- 2:30pm 800m dash (men)
- 2:35pm 800-meter dash (women)
- 2:45pm 400-meter hurdles (men)
- 2:55pm 400-meter hurdles (women)
- 3:10pm 200-meter dash (men)
- 3:15pm 200-meter dash (women)
- 3:20pm 5,000m run (men)
- 3:40pm 5,000m run (women)
- 4:05pm 4x400m relay (men)
- 4:15pm 4x400-meter relay (women)

4:30 p.m. Awards Ceremony