

# 2019 Conference Carolinas Track and Field Championships **FINAL** Schedule of Events

Friday April 26th, 2019

## Track Events:

3:00 p.m. 1,500-meter run prelims (M) 2 sections  
3:20 p.m. 1,500-meter run prelims (W) 2 sections  
3:40 p.m. 110-meter hurdles prelims (M) 2 heats  
3:50 p.m. 100-meter hurdles prelims (W) 2 heats  
4:00 p.m. 400-meter dash prelims (M) 3 heats  
4:10 p.m. 400-meter dash prelims (W) 2 heats  
4:20 p.m. 100-meter dash prelims (M) 3 heats  
4:30 p.m. 100-meter dash prelims (W) 3 heats  
4:40 p.m. 800-meter run prelims (M) 3 heats  
4:55 p.m. 800-meter run prelims (W) 3 heats  
5:10 p.m. 400-meter hurdles prelims (M) 2 heats  
5:15 p.m. 400-meter hurdles prelims (W) 2 heats  
5:25 p.m. 200-meter dash prelims (M) 3 heats  
5:35 p.m. 200-meter dash prelims (W) 3 heats  
5:50 p.m. 10,000-meter run final (M) 1 section  
6:40 p.m. 10,000 meter run final (W) 1 section

## Field Events:

1 p.m. Javelin prelims and finals (M) 2 flights  
1 p.m. Hammer prelims and finals (W) 2 flights  
1 p.m. Long jump prelims and finals (m & w) 2 flights per  
3 p.m. High jump finals (W)  
3:30 p.m. Javelin Prelim and final (W) 2 flights  
3:30 p.m. Hammer prelims and finals (M) 1 flight  
5 p.m. High jump finals (M)

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**Saturday, April 27th, 2019**

## **Field Events:**

10:00 a.m. Shot put prelims and finals (M) 1 flight  
10:00 a.m. Pole vault finals (M)  
10:00 a.m. Triple jump prelims and finals (m & w) flight each  
11:45 p.m. Shot put prelims and finals (W) **2 rings for prelims!** 2 flights  
11:45 p.m. Discus prelims and finals (M) 1 flight  
1:00 p.m. Pole vault finals (W)  
1:30 p.m. Discus prelims and finals (W) 2 flights

## **Running Events: (all finals)**

12:20 p.m. 3,000-meter steeplechase (M)  
12:35 p.m. 3,000-meter steeplechase (W)  
12:50 p.m. 4x100-meter relay (M) 2 heats  
1:00 p.m. 4x100-meter relay (W) 2 heats  
1:10 p.m. 1,500-meter run (M)  
1:20 p.m. 1,500-meter run (W)  
1:30 p.m. 110-meter hurdles (M)  
1:40 p.m. 100-meter hurdles (W)  
1:50 p.m. 400-meter dash (M)  
1:55 p.m. 400-meter dash (W)  
2:05 p.m. 100-meter dash (M)  
2:10 p.m. 100-meter dash (W)  
2:15 p.m. 800-meter dash (M)  
2:20 p.m. 800-meter dash (W)  
2:30 p.m. 400-meter hurdles (M)  
2:40 p.m. 400-meter hurdles (W)  
2:50 p.m. 200-meter dash (M)  
2:55 p.m. 200-meter dash (W)  
3:05 p.m. 5,000-meter run (M) 1 section  
3:25 p.m. 5,000-meter run (W) 1 section  
3:50 p.m. 4x400-meter relay (M) 2 heats  
4:00 p.m. 4x400-meter relay (W) 2 heats  
4:30 p.m. Awards Ceremony