

**SCIAC QUAD MEET – Saturday, March 7, 2026**

**CHAPMAN / CALTECH / CAL LUTHERAN / POMONA-PITZER**

**Hosted by Pomona-Pitzer Colleges / Strehle Track, Pomona College**

10:00 Hammer Throw W/M  
Shot Put W/M (follows Hammer Throw)  
Long Jump M/W  
Triple Jump M/W (follows Long Jump)  
Javelin Throw M/W  
Discus Throw W/M (follows Javelin Throw)  
Pole Vault W/M

10:45 High Jump M/W  
11:00 110m Hurdles M  
11:10 100m Hurdles W  
11:20 3000m Steeplechase M  
11:40 3000m Steeplechase W  
12:10 4x100m Relay M  
12:15 4x100m Relay W  
12:20 1500m Run M  
12:30 1500m Run W  
12:40 400m Run M  
12:45 400m Run W  
12:50 100m Dash M  
12:55 100m Dash W  
1:00 800m Run M  
1:10 800m Run W  
1:25 400m Hurdles M  
1:35 400m Hurdles W  
1:45 200m Dash M  
1:50 200m Dash W  
1:55 5000m Run M  
2:15 5000m Run W  
2:35 4x400m Relay M  
2:45 4x400m Relay W