

2019 Pac West Track and Field Championship Meet

<u>Friday Running Event Time Schedule</u> 1:00 PM Decathlon 100 m 1:20 PM Heptathlon 100 m HH 3:55 PM 1500 m Women's-trials 4:10 PM 1500 m Men's-trials 4:30 PM 100 m HH Women's-trials 4:45 PM 110 m HH Men's-trials 5:05 PM Heptathlon 200 m 5:25 PM 400 m Women's-trials 5:30 PM 400 m Men's-trials 5:40 PM Decathlon 400 m 5:50 PM 100 m Women's-trials 6:00 PM 100 m Men's-trials 6:10 PM 800 m Women's-trials 6:25 PM 800 m Men's-trials 6:35 PM 400 m Hurdles Women's-trials 6:45 PM 400 m Hurdles Men's-trials 7:00 PM 200 m Women's-trials 7:10 PM 200 m Men's-trials 7:25 PM Steeple Chase Women's Final 7:45 PM Steeple Chase Men's Final 8:00 PM 10K Women's Final 8:50 PM 10K Men's Final	<u>Friday Field Event Time Schedule</u> 10:00 AM Hammer Women-FINAL Hammer Men-FINAL to follow women 1:40 PM Decathlon Long Jump 2:00 PM Heptathlon High Jump 2:45 PM Decathlon Shot Put 3:00 PM Javelin Women-FINAL Javelin men-FINAL to follow women 3:00 PM Long Jump Women-FINAL Long Jump Men-FINAL to follow women 3:00 PM Pole Vault Women-FINAL Pole Vault Men-FINAL to follow women 3:30 PM Heptathlon Shot Put 3:45 PM Decathlon High Jump
<u>Saturday Running Event Time Schedule</u> 9:00 AM Decathlon 110 m Hurdles 12:30 PM 4 x 100 Relay Women-FINAL 12:35 PM 4 x 100 Relay Men-Final 12:45 PM 1500m Women-FINAL 12:55 PM 1500 m Men-FINAL 1:10 PM 110 m Hurdles Men-FINAL 1:20 PM 100 m Hurdles Women-FINAL 1:35 PM 400 m Women-FINAL 1:40 PM 400 m Men-FINAL 1:55 PM 100 m Women-FINAL 2:00 PM 100 m Men-FINAL 2:10 PM Heptathlon 800 m 2:20 PM 800 m Women-FINAL 2:30 PM 800 m Men-FINAL 2:40 PM Decathlon 1500 m 2:50 PM 400 m Hurdle Women-FINAL 3:00 PM 400 M Hurdle Men-FINAL 3:10 PM 200 m Women-FINAL 3:20 PM 200 m Men-FINAL 3:35 PM 5000 m Women-FINAL 4:00 PM 5000 m Men-FINAL 4:20 PM 4 x 400 m Women-FINAL 4:30 PM 4 X 400 m Men-FINAL 4:50 PM Awards Presentation	<u>Saturday Field Event Time Schedule</u> 9:35 AM Decathlon Discus 10:00 AM Heptathlon Long Jump 10:00 AM Shot Put Women-FINAL Shot Put Men-FINAL to follow women 10:30 AM Decathlon Pole Vault 11:00 AM High Jump Women-FINAL High Jump Men-FINAL to follow women 11:00 PM Heptathlon Javelin 12:00 PM Decathlon Javelin 12:30 PM Discus Women-FINAL Discus Men-FINAL to follow women 1:00 PM Triple Jump Women-FINAL Triple Jump Men-FINAL to follow women