



CCCAA Southern Cal Regionals Time Schedule

Prelims Time Schedule Friday May 5, 2023			Finals Time Schedule Friday May 12, 2023	
Track Events at PRELIMS			Track Events at FINALS	
W 3000 SC	12:00	2 Heats	W 3000SC	2:30
M 3000 SC	12:30	2 Heats	M 3000SC	2:50
W 4x100	1:00	3 Heats	W 4X100	3:10
M 4x100	1:15	3 Heats	M 4X100	3:15
W 1500	1:30	2 Heats	W 1500	3:20
M 1500	1:45	2 Heats	M 1500	3:30
W 100H	2:00	3 Heats	W 100H	3:40
M 110H	2:15	3 Heats	M 110H	3:50
W 400	2:35	3 Heats	W 400	4:00
M 400	2:45	3 Heats	M 400	4:05
W 100	3:00	3 Heats	W 100	4:15
M 100	3:10	3 Heats	M 100	4:20
W 800	3:25	3 Heats	W 800	4:25
M 800	3:40	3 Heats	M 800	4:30
W 400H	4:00	3 Heats	W 400H	4:40
M 400H	4:15	3 Heats	M 400H	4:50
W 200	4:35	3 Heats	W 200	5:00
M 200	4:45	3 Heats	M 200	5:05
W 10000	5:00	Final	W 5000	5:10
W 4x400	6:00	3 Heats	M 5000	5:30
M 4x400	6:20	3 Heats	W 4x400	5:50
M 10000	6:40	Final	M 4x400	6:00
Field Events at PRELIMS			Field Events at FINALS	
M HAM	10:00	Prelims/Finals	M JAV	10:00 Prelims/Finals
M&W LJ	10:00	2 Flights	W HJ	10:00
M PV	10:00	1 Flight	W SP	10:00 Prelims/Finals
M HJ	12:00	1 Flight	M&W LJ	12:00
W HAM	1:00	Prelims/Finals	M PV	12:00
M&W TJ	2:00	2 Flights	M DIS	12:30 Prelims/Finals
W PV	2:00	1 Flight	M HJ	1:30
W HJ	4:00	1 Flight	W DIS	3:30 Prelims/Finals
W JAV	4:00	Prelims/Finals	W PV	3:30
M SP	4:00	Prelims/Finals	M&W TJ	3:30