



California Community College Athletic Association
Track and Field 2016 State Championships
Friday & Saturday, May 20-21, 2016
Merrill Douglas Stadium ~ San Diego Mesa College
Time Schedule
(as of October 20, 2015)

Friday, May 20, 2016

>**MULTI - EVENTS:** (After first event, the starting time for each event will be set by the meet referee)

10:30 am **HEPTATHLON**
 100 Hurdles
 High Jump (2 pits)
 Shot Put
 200 Meters

11:30 am **DECATHLON**
 100 Meters
 Long Jump
 Shot Put
 High Jump (2 pits)
 400 Meters

>**RUNNING EVENTS:**

<u>Time</u>	<u>Men/Women</u>	<u>Event</u>
6:00 pm	Women	10,000 Meters
7:00 pm	Men	10,000 Meters

>**FIELD EVENTS:**

<u>Time</u>	<u>Men/Women</u>	<u>Event</u>
10:30 am	Women	Hammer
12:00 noon	Men	Hammer
1:30 pm	Women	Javelin
3:00 pm	Men	Javelin

SATURDAY, MAY 21, 2016

>MULTI- EVENTS:

9:00 am **DECATHLON**
110 Hurdles
Discus
Pole Vault
Javelin
1500 Meters

10:00 am **HEPTATHLON**
Long Jump
Javelin
800

>FIELD EVENTS:

<u>Time</u>	<u>Men/Women</u>	<u>Event</u>
11:45 am	Women	Long Jump (west pit 1)
12:45 pm	Men	Long Jump (west Pit 2)
1:00 pm	Men	Shot Put
1:00 pm	Women	High Jump
1:00 pm	Women	Discus
2:00 pm	Women	Pole Vault (2 pits)
3:00 pm	Women	Triple Jump (west pit 1)
3:30 pm	Men	Discus
3:30 pm	Women	Shot Put
4:00 pm	Men	Triple Jump (west pit 2)
4:00 pm	Men	High Jump
4:15 pm	Men	Pole Vault

>RUNNING EVENTS:

<u>Time</u>	<u>Men/Women</u>	<u>Event</u>
1:45 pm		OPENING CEREMONY
2:00 pm	Women	3000 Meter Steeplechase
2:25 pm	Men	3000 Meter Steeplechase
2:40 pm	Women	4 x 100 Meter Relay
2:45 pm	Men	4 x 100 Meter Relay
2:50 pm	Women	1500 Meter Run
3:00 pm	Men	1500 Meter Run
3:10 pm	Women	100 Meter Hurdles
3:20 pm	Men	110 Meter Hurdles
3:30 pm	Women	400 Meter Dash
3:40 pm	Men	400 Meter Dash
3:50 pm	Women	100 Meter Dash
4:00 pm	Men	100 Meter Dash
4:10 pm	Women	800 Meter Run
4:15 pm	Men	800 Meter Run
4:25 pm	Women	400 Meter Hurdles
4:35 pm	Men	400 Meter Hurdles
4:45 pm	Women	200 Meter Dash
4:55 pm	Men	200 Meter Dash
5:05 pm	Women	5000 Meter Run
5:35 pm	Men	5000 Meter Run
6:00 pm	Women	4 X 400 Meter Relay
6:10 pm	Men	4 X 400 Meter Relay

Team awards to follow...