

**Pacific Coast Athletic Conference  
Track and Field Championships  
Cuyamaca College**

**Time Schedule**

**Saturday, April 20, 2019**

**Running Events**

1:00 PM Women's 3,000 Steeplechase  
 1:20 PM Men's 3,000 Steeplechase  
 1:35 PM Women's 4 x 100 Meter Relay  
 1:40 PM Men's 4 x 100 Meter Relay  
 1:50 PM Women's 1500 Meters  
 2:00 PM Men's 1500 Meters  
 2:15 PM Women's 100 Meter Hurdles  
 2:25 PM Men's 110 Meter High Hurdles  
 2:35 PM Women's 400 Meters  
 2:40 PM Men's 400 Meters  
 2:45 PM Women's 100 Meters  
 2:55 PM Men's 100 Meters  
 3:05 PM Women's 800 Meters  
 3:15 PM Men's 800 Meters  
 3:25 PM Women's 400 Meter Hurdles  
 3:35 PM Men's 400 Intermediate Hurdles  
 3:45 PM Women's 200 Meters  
 3:50 PM Men's 200 Meters  
 3:55 PM Women's 5 000 Meters  
 4:20 PM Men's 5,000 Meters  
 4:45 PM Women's 4 x 400 Meter Relay  
 4:55 PM Men's 4 x 400 Meter Relay

**Field Events**

<b>Throws</b>		<b>Jumps</b>	
1:00 PM	Men's Shot Put	1:00 PM	Men's Pole Vault
1:00 PM	Women's Discus	1:00 PM	Women's Long Jump
3:00 PM	Women's Shot Put	3:00 PM	Women's Pole Vault
3:00 PM	Men's Discus	3:00 PM	Men's Long Jump