



2019 CCAA TRACK & FIELD CHAMPIONSHIPS

Triton Track and Field Stadium
University of California, San Diego

May 2-4, 2019

Schedule of Events



THURSDAY - MAY 2, 2019

Combined Events

10:00 a.m.	Decathlon	100 Meters
10:40 a.m.	Decathlon	Long Jump
11:00 a.m.	Heptathlon	100 Hurdles
11:40 a.m.	Heptathlon	High Jump
11:55 a.m.	Decathlon	Shot Put
1:15 pm	Decathlon	High Jump
1:25 p.m.	Heptathlon	Shot Put
2:15 p.m.	Heptathlon	200 Meters
2:45 p.m.	Decathlon	400 Meters

FRIDAY - MAY 3, 2019

Combined Events

11:00 a.m.	Decathlon	110 Meter Hurdles
11:00 a.m.	Heptathlon	Long Jump
11:40 a.m.	Decathlon	Discus (stadium ring)
12:30 p.m.	Heptathlon	Javelin
12:40 p.m.	Decathlon	Pole Vault
1:30 p.m.	Heptathlon	800
2:30 p.m.	Decathlon	Javelin
3:30 p.m.	Decathlon	1500 Meters

Field Events (all events are finals)

12:00 p.m.	Men's	Hammer (Final)
1:00 p.m.	Women's	Long Jump (Final)
2:00 p.m.	Women's	Discus (Final)
3:30 p.m.	Men's	Long Jump (Final)
5:00 p.m.	Women's	Javelin (Final)
5:30 p.m.	Men's	Shot (Final)

Running Events

1:30 p.m.	Heptathlon	800
2:15 p.m.	National Anthem	
2:20 p.m.	Women's	400 Meter Relay (Prelim)
2:30 p.m.	Women's	1500 Meters (Prelim)
2:45 p.m.	Men's	1500 Meters (Prelim)
3:00 p.m.	Women's	100m Hurdles (Prelim)
3:15 p.m.	Men's	110m Hurdles (Prelim)
3:30 p.m.	Decathlon	1500 Meters
3:40 p.m.	Women's	400 Meters (Prelim)
3:55 p.m.	Men's	400 Meters (Prelim)
4:10 p.m.	Women's	100 Meters (Prelim)
4:20 p.m.	Men's	100 Meters (Prelim)
4:30 p.m.	Women's	800 Meters (Prelim)
4:45 p.m.	Men's	800 Meters (Prelim)
5:00 p.m.	Women's	400m Hurdles (Prelim)
5:15 p.m.	Men's	400m Hurdles (Prelim)
5:30 p.m.	Women's	200 Meters (Prelim)
5:40 p.m.	Men's	200 Meters (Prelim)
5:50 p.m.	Women's	10,000m (Final)
6:35 p.m.	Women's	1600 Meter Relay (Prelim)
6:45 p.m.	Men's	10,000m (Final)

SATURDAY - MAY 4, 2019

Field Events (all events are finals)

11:00 a.m.	Women's	Hammer (Final)
12:00 p.m.	Women's	Pole Vault (Final)
12:30 p.m.	Men's	High Jump (Final)
12:30 p.m.	Women's	Triple Jump (Final)
1:30 p.m.	Men's	Discus (Final)
2:30 p.m.	Men's	Pole Vault (Final)
3:00 p.m.	Women's	High Jump (Final)
3:00 p.m.	Men's	Triple Jump (Final)
3:30 p.m.	Women's	Shot (Final)
3:30 p.m.	Men's	Javelin (Final)

Running Events (all events are finals)

12:55 p.m.	National Anthem	
1:00 p.m.	Women's	4x100m Relay
1:10 p.m.	Men's	4x100m Relay
1:20 p.m.	Women's	3000m Steeple
1:40 p.m.	Men's	3000m Steeple
2:00 p.m.	Women's	1500 Meters
2:10 p.m.	Men's	1500 Meters
2:20 p.m.	Women's	100m Hurdles
2:30 p.m.	Men's	110m Hurdles
2:40 p.m.	Women's	400 Meters
2:50 p.m.	Men's	400 Meters
3:00 p.m.	Women's	100 Meters
3:10 p.m.	Men's	100 Meters
3:20 p.m.	Women's	800 Meters
3:30 p.m.	Men's	800 Meters
3:40 p.m.	Women's	400m Hurdles
3:50 p.m.	Men's	400m Hurdles
4:00 p.m.	Women's	200 Meters
4:10 p.m.	Men's	200 Meters
4:20 p.m.	Women's	5000 Meters
4:45 p.m.	Men's	5000 Meters
5:05 p.m.	Women's	4x400m Relay
5:15 p.m.	Men's	4x400m Relay



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