

2023 Pac West Track and Field Championship Meet

<p><u>Friday Running Event Time Schedule</u></p> <p>1:00 PM Decathlon 100 m 1:20 PM Heptathlon 100 m HH 3:00 PM 1500 m Women-trials 3:20 PM 1500 m Men-trials 3:50 PM 100 m HH Women-trials 4:15 PM 110 m HH Men-trials 4:30 PM 400 m Women-trials 4:45 PM 400 m Men-trials 5:00 PM Heptathlon 200 m 5:15 PM 100 m Women-trials 5:25 PM 100 m Men-trials 5:40 PM Decathlon 400 m 5:50 PM 800 m Women-trials 6:05 PM 800 m Men-trials 6:30 PM 400 m Hurdles Women-trials 6:45 PM 400 m Hurdles Men-trials 7:00 PM 200 m Women-trials 7:10 PM 200 m Men-trials 7:25 PM 3000 m Steeplechase Women Final 7:45 PM 3000 m Steeplechase Men Final 8:00 PM 10,000 m Women's Final 8:50 PM 10,000 m Men's Final</p>	<p><u>Friday Field Event Time Schedule</u></p> <p>10:00 AM Hammer Women-FINAL (Citrus College) 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</p>
<p><u>Saturday Running Event Time Schedule</u></p> <p>9:00 AM Decathlon 110 m Hurdles 12:00 PM 4 x 100 Relay Women-FINAL 12:10 PM 4 x 100 Relay Men-Final 12:20 PM 1500m Women-FINAL 12:35 PM 1500 m Men-FINAL 1:05 PM 110 m Hurdles Men-FINAL 1:25 PM 100 m Hurdles Women-FINAL 1:35 PM 400 m Women-FINAL 1:45 PM 400 m Men-FINAL 2:00 PM 100 m Women-FINAL 2:10 PM 100 m Men-FINAL 2:25 PM Heptathlon 800 m 2:35 PM 800 m Women-FINAL 2:40 PM 800 m Men-FINAL 2:55 PM Decathlon 1500 m 3:10 PM 400 m Hurdle Women-FINAL 3:25 PM 400 M Hurdle Men-FINAL 3:40 PM 200 m Women-FINAL 3:50 PM 200 m Men-FINAL 4:05 PM 5000 m Women-FINAL 4:30 PM 5000 m Men-FINAL 4:45 PM 4 x 400 m Women-FINAL 4:55 PM 4 X 400 m Men-FINAL 5:15 PM Awards Presentation</p>	<p><u>Saturday Field Event Time Schedule</u></p> <p>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 AM Heptathlon Javelin 12:00 PM Decathlon Javelin (following pole vault) 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</p>