## 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 p.m. 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) Cancelled**
  - 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 400 Meters
  - 3:50 p.m. Men’s 400 Meters
  - 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