



# PACWEST CHAMPIONSHIPS

## 2019 PacWest Track & Field Championships Schedule of Events

### Friday, April 26

#### Multi-event schedule

|          |                                        |
|----------|----------------------------------------|
| 1:00 pm  | 100 meters (men's decathlon)           |
| 1:20 pm  | 100 meter Hurdles (women's heptathlon) |
| 1:40 pm* | Long Jump (men's decathlon)            |
| 2:00 pm* | High Jump (women's heptathlon)         |
| 2:45 pm* | Shot Put (men's decathlon)             |
| 3:30 pm* | Shot Put (women's heptathlon)          |
| 3:45 pm* | High Jump (men's decathlon)            |
| 5:20 pm  | 200 meters (women's heptathlon)        |
| 5:55 pm  | 400 meters (men's decathlon)           |

#### Field event schedule

|          |                                                                                                                                                                                                                                               |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00 am | Women's Hammer (FINAL)<br>Men's Hammer (FINAL) - <i>to follow women</i>                                                                                                                                                                       |
| 3:00 pm  | Women's Javelin (FINAL)<br>Men's Javelin (FINAL) - <i>to follow women</i><br>Women's Long Jump (FINAL)<br>Men's Long Jump (FINAL) - <i>to follow women</i><br>Women's Pole Vault (FINAL)<br>Men's Pole Vault (FINAL) - <i>to follow women</i> |

#### Track event schedule

|          |                                         |
|----------|-----------------------------------------|
| 12:00 pm | Technical Meeting (coaches)             |
| 4:00 pm  | Women's 1500 meters (trials)            |
| 4:15 pm  | Men's 1500 meters (trials)              |
| 4:45 pm  | Women's 100 meter hurdles (trials)      |
| 5:00 pm  | Men's 110 meter hurdles (trials)        |
| 5:35 pm  | Women's 400 meters (trials)             |
| 5:45 pm  | Men's 400 meters (trials)               |
| 6:05 pm  | Women's 100 meters (trials)             |
| 6:15 pm  | Men's 100 meters (trials)               |
| 6:25 pm  | Women's 800 meters (trials)             |
| 6:35 pm  | Men's 800 meters (trials)               |
| 6:50 pm  | Women's 400 meter hurdles (trials)      |
| 7:00 pm  | Men's 400 meter hurdles (trials)        |
| 7:15 pm  | Women's 200 meters (trials)             |
| 7:25 pm  | Men's 200 meters (trials)               |
| 7:45 pm  | Women's 3000 meter steeplechase (FINAL) |
| 8:05 pm  | Men's 3000 meter steeplechase (FINAL)   |
| 8:20 pm  | Women's 10,000 meters (FINAL)           |
| 9:10 pm  | Men's 10,000 meters (FINAL)             |

**\* If behind schedule, men's field events will begin 30 minutes after the conclusion of the women's flights.**  
**# Earliest or designated start time.**

### Saturday, April 27

#### Multi-event schedule

|           |                                     |
|-----------|-------------------------------------|
| 9:00 am   | 110 meter Hurdles (men's decathlon) |
| 9:35 am*  | Discus (men's decathlon)            |
| 10:00 am  | Long jump (women's heptathlon)      |
| 10:30 am* | Pole Vault (men's decathlon)        |
| 11:00 am* | Javelin (women's heptathlon)        |
| 12:00 pm* | Javelin (men's decathlon)           |
| 2:10 pm#  | 800 meters (women's heptathlon)     |
| 2:40 pm#  | 1500 meters (men's decathlon)       |

#### Field event schedule

|          |                                                                                   |
|----------|-----------------------------------------------------------------------------------|
| 10:00 am | Women's Shot Put (FINAL)<br>Men's Shot Put (FINAL) - <i>to follow women</i>       |
| 11:00 am | Women's High Jump (FINAL)<br>Men's High Jump (FINAL) - <i>to follow women</i>     |
| 12:30 pm | Women's Discus (FINAL)<br>Men's Discus (FINAL) - <i>to follow women</i>           |
| 1:00 pm  | Women's Triple Jump (FINAL)<br>Men's Triple Jump (FINAL) - <i>to follow women</i> |

#### Track event schedule

|          |                                        |
|----------|----------------------------------------|
| 12:00 pm | Opening Ceremony & National Anthem     |
| 12:30 pm | Women's 4 x 100 meter relay (FINAL)    |
| 12:35 pm | Men's 4 x 100 meter relay (FINAL)      |
| 12:45 pm | Women's 1500 meters (FINAL)            |
| 12:55 pm | Men's 1500 meters (FINAL)              |
| 1:10 pm  | Men's 110 meter hurdles (FINAL)        |
| 1:20 pm  | Women's 100 meter hurdles (FINAL)      |
| 1:35 pm  | Women's 400 meters (FINAL)             |
| 1:40 pm  | Men's 400 meters (FINAL)               |
| 1:55 pm  | Women's 100 meters (FINAL)             |
| 2:00 pm  | Men's 100 meters (FINAL)               |
| 2:20 pm  | Women's 800 meters (FINAL)             |
| 2:30 pm  | Men's 800 meters (FINAL)               |
| 2:50 pm  | Women's 400 meter hurdles (FINAL)      |
| 3:00 pm  | Men's 400 meter hurdles (FINAL)        |
| 3:10 pm  | Women's 200 meters (FINAL)             |
| 3:20 pm  | Men's 200 meters (FINAL)               |
| 3:35 pm  | Women's 5000 meters (FINAL)            |
| 4:00 pm  | Men's 5000 meters (FINAL)              |
| 4:20 pm  | Women's 4 x 400 meter relay (FINAL)    |
| 4:30 pm  | Men's 4 x 400 meter relay (FINAL)      |
| 4:50 pm  | Closing Ceremony & Award Presentations |