



2019 CCIW Indoor Track & Field Championships  
Schedule

**Meet Schedule**

**Friday, February 22** *Running Events*

11:00 a.m.	Heptathlon 55/60 Meters (Men)
11:15 a.m.	Pentathlon 55/60 Meter Hurdles (Women)
3:40 p.m.	5,000 Meters (Women Slow if necessary)
4:05 p.m.	5,000 Meters (Men Slow if necessary)
4:30 p.m.	5,000 Meters (Women Fast section)
4:55 p.m.	5,000 Meters (Men Fast section)
5:15 p.m.	Distance Medley Relay (Women)
5:30 p.m.	Distance Medley Relay (Men)

**Friday, February 22** *Field Events*

1:00 p.m.	Long Jump (Men)
12:30 p.m.	Pole Vault (Women)
1:45 p.m.	20# Weight Throw
3:30 p.m.	Long Jump (Women)
3:00 p.m.	Pole Vault (Men)
	Minimum 30 minutes after women's PV
4:00 p.m.	35# Weight Throw

*Pentathlon Events: 60 Hurdles, High Jump, Shot Put, Long Jump, 800 Meters*

*Heptathlon Events (Friday): 60 Meters, Long Jump, Shot Put, High Jump*

**Saturday, February 23** *Running Events*

10:45 a.m.	60 Hurdles – Qualifying Round
11:00 a.m.	Heptathlon 60 Meter Hurdles (Men)
11:15 a.m.	60 Meters – Qualifying Round
12:00 p.m.	55/60 Meter Hurdle Semifinal (W-M)
12:25 p.m.	55/60 Meter Dash Semifinal (W-M)
12:50 p.m.	Mile Run (W-M)
1:40 p.m.	55/60 Meter Hurdle Final (W-M)
1:55 p.m.	400 Meters (W-M)
2:40 p.m.	55/60 Meter Dash Finals (W-M)
2:50 p.m.	800 Meters (W-M)
3:25 p.m.	200 Meters (W-M)
4:10 p.m.	3000 Meters (Women slow if necessary)
4:25 p.m.	3000 Meters (Women fast)
4:40 p.m.	3000 Meter Run (Men slow if necessary)
4:55 p.m.	3000 Meter Run (Men's fast)
5:10 p.m.	4 x 400 Meter Relay (W-M)
5:45 p.m.	Awards Presentation

**Saturday, February 23** *Field Events*

12:00 p.m.	High Jump (Women)
12:00 p.m.	Triple Jump (Men)
12:00 p.m.	Shot (Men)
2:30 p.m.	High Jump (Men)
2:30 p.m.	Triple Jump (Women)
2:30 p.m.	Shot (Women)

*Heptathlon Events (Saturday): 60 Hurdles, Pole Vault, 1000 Meters*