

2019 CCIW Outdoor Track & Field Championship

Meet Schedule

Thursday, May 2nd – North Central College

10:00 a.m.	Hammer (Men)
12:30 p.m.	Hammer (Women)
3:00 p.m.	Discus (Men)
5:30 p.m.	Discus (Women)

Friday, May 3rd – Carthage College

10:00 a.m.	Heptathlon
10:15 a.m.	Decathlon
12:00 p.m.	Pole Vault (Men)
1:30 p.m.	Long Jump (Women)
3:30 p.m.	Pole Vault (Women)
4:00 p.m.	Long Jump (Men)
3:00 p.m.	Javelin (Men)
5:00 p.m.	Javelin (Women)

Men run 1st in all events during odd years

2:30 p.m.	100/110 Meter Hurdles Trials
3:00 p.m.	400 Meters Trials
3:30 p.m.	100 Meter Trials
4:00 p.m.	800 Meters Trials
4:30 p.m.	400 Meter Hurdles Trials
5:00 p.m.	200 Meters Trials
7:15 p.m.	3,000 Steeplechase
8:00 p.m.	10,000 Meters

Heptathlon Events: 100 Hurdle, High Jump, Shot Put, 200 Meters

Decathlon Events: 100 Meters, Long Jump, Shot Put, High Jump, 400 Meters

Saturday, May 4th – Carthage College

9:30 a.m.	Decathlon
10:00 a.m.	Heptathlon
10:30 a.m.	Shot (Men)
11:00 a.m.	Triple Jump (Men)
11:00 a.m.	High Jump (Women)
1:00 p.m.	Shot (Women)
2:00 p.m.	Triple Jump (Women)
2:00 p.m.	High Jump (Men)

Men run 1st in all events during odd years.

2:30 p.m.	4 x 100 Meter Relay
2:45 p.m.	1500 Meters
3:25 p.m.	100/100 Meter Hurdles Finals
3:35 p.m.	400 Meters Finals
3:50 p.m.	100 Meters Finals
4:05 p.m.	800 Meters Finals
4:20 p.m.	400 Meter Hurdles Finals
4:35 p.m.	200 Meters Finals
4:50 p.m.	5,000 Meters
5:40 p.m.	4 x 400 Meter Relay
6:20 p.m.	Awards Ceremony

Heptathlon Events: Long Jump, Javelin, 800 Meters

Decathlon Events: 110 Hurdles, Discus, Pole Vault, Javelin, 1500 Meters*

**Decathlon Discus to be contested at Tremper High School (8560 26th Ave, Kenosha, WI) if alternate facility is needed.*