



PACIFIC COAST INTERCOLLEGIATE

Jack Rose Track • Long Beach State University

Thursday, April 13, 2017

FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flight / Field Size
10:30 a.m.	Men's High Jump	West Pit	Flight #1 (9 Entries)
10:30 a.m.	Men's High Jump	East Pit	Flight #2 (10 Entries)
12:30 p.m.	Women's High Jump	West Pit	Flight #1 (11 Entries)
12:30 p.m.	Women's High Jump	East Pit	Flight #2 (10 Entries)
10:30 a.m.	Women's Pole Vault	East Runway	Flight #2 (25 Entries)
02:45 p.m.	Women's Pole Vault	West Runway	Flight #3 (16 Entries)
04:15 p.m.	Women's Pole Vault	East Runway	Flight #1 (7 Entries)
12:00 p.m.	Men's Pole Vault	West Runway	Flight #2 (15 Entries)
02:15 p.m.	Men's Pole Vault	East Runway	Flight #1 (10 Entries)
10:00 a.m.	Women's Long Jump	East Runway	Flight #1-2 (22 Entries)
10:30 a.m.	Women's Long Jump	West Runway	Flight #3 (11 Entries)
12:30 p.m.	Men's Long Jump	East Runway	Flight #1 (14 Entries)
01:00 p.m.	Men's Long Jump	West Runway	Flight #2 (10 Entries)
03:15 p.m.	Women's Triple Jump	East Runway	Flight #1 (13 Entries)
03:15 p.m.	Men's Triple Jump	West Runway	Flight #1 (7 Entries)
02:15 p.m.	Women's Shot Put	West Ring	Flight #1-2 (24 Entries)
04:30 p.m.	Men's Shot Put	West Ring	Flight #3 (12 Entries)
04:30 p.m.	Men's Shot Put	East Ring	Flight #1-2 (22 Entries)
01:15 p.m.	Men's Discus	Infield	Flight #1-3 (40 Entries)
03:15 p.m.	Women's Discus	Outfield	Flight #1-3 (33 Entries)
04:30 p.m.	Women's Discus	Infield	Flight #4 (11 Entries)
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flight #1-2 (29 Entries)
12:00 p.m.	Women's Hammer	North Ring-Outfield	Flight #1-3 (43 Entries)
09:00 a.m.	Women's Javelin	South Runway	Flight #1-2 (21 Entries)
11:20 a.m.	Men's Javelin	South Runway	Flight #1 (12 Entries)

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
12:55 p.m.	NATIONAL ANTHEM	
01:00 p.m.	Women's 4x100 Meter Relay	1 Heat (8 Entries)
01:05 p.m.	Men's 4x100 Meter Relay	1 Heat (4 Entries)
01:25 p.m.	Women's 3,000 Meter Steeple Chase	1 Heat (2 Entries)
01:40 p.m.	Men's 3,000 Meter Steeple Chase	1 Heat (4 Entries)
01:50 p.m.	Women's 1500 Meters	1 Heat (13 Entries)
02:00 p.m.	Men's 1500 Meters	1 Heat (9 Entries)
02:15 p.m.	Women's 100 Meter Hurdles	4 Heats (28 Entries)
02:25 p.m.	Men's 110 Meter Hurdles	2 Heats (14 Entries)
02:40 p.m.	Women's 400 Meters	3 Heats (21 Entries)
02:50 p.m.	Men's 400 Meters	2 Heats (15 Entries)
03:00 p.m.	Women's 100 Meters	3 Heats (22 Entries)
03:10 p.m.	Men's 100 Meters	3 Heats (18 Entries)
03:30 p.m.	Women's 800 Meters	3 Heats (32 Entries)
03:50 p.m.	Men's 800 Meters	3 Heats (33 Entries)
04:10 p.m.	Women's 400 Meter Hurdles	2 Heats (19 Entries)
04:20 p.m.	Men's 400 Meter Int. Hurdles	2 Heats (11 Entries)
04:35 p.m.	Women's 200 Meters	3 Heats (24 Entries)
04:55 p.m.	Men's 200 Meters	3 Heats (24 Entries)
05:15 p.m.	Women's 5,000 Meters	1 Heat (10 Entries)
05:40 p.m.	Men's 5,000 Meters	1 Heat (10 Entries)
(Not contested)	Women's 4x400 Meter Relay	(Not contested)
06:00 p.m.	Men's 4x400 Meter Relay	2 Heats (3 Entries)