



**NWAC TRACK AND FIELD CHAMPIONSHIP MEET SCHEDULE**  
**May 20-21, 2019 | Mt. Hood Community College**



<b>DAY ONE</b>		
<b>10:00 AM</b>	Women	<b>10000 M (finals)</b>
<b>10:30 AM</b>	Men	<b>Hammer (prelims &amp; finals)</b>
<b>11:00 AM</b>	Men	<b>10000 M (finals)</b>
	Women	<b>Pole Vault (prelims &amp; finals)</b>
	Men	<b>Long Jump (prelims &amp; finals)</b>
	Women	<b>Javelin (prelims &amp; finals)</b>
<b>12:30 PM</b>	Women	<b>100 M High Hurdles (semi-finals)</b>
<b>12:40 PM</b>	Men	<b>110 M High Hurdles (semi-finals)</b>
<b>12:50 PM</b>	Women	<b>400 M (semi-finals)</b>
<b>1:00 PM</b>	Men	<b>400 M (semi-finals)</b>
	Women	<b>Long Jump (prelims &amp; finals)</b>
	Men	<b>Pole Vault (prelims &amp; finals)</b>
	Men	<b>Discus (prelims &amp; finals)</b>
	Women	<b>Shot Put (prelims &amp; finals)</b>
<b>1:10 PM</b>	Women	<b>100 M (semi-finals)</b>
<b>1:20 PM</b>	Men	<b>100 M (semi-finals)</b>
<b>1:30 PM</b>	Women	<b>800 M (semi-finals)</b>
<b>1:40 PM</b>	Men	<b>800 M (semi-finals)</b>
<b>1:55 PM</b>	Women	<b>400 M Intermediate Hurdles (semi-finals)</b>
<b>2:05 PM</b>	Men	<b>400 M Intermediate Hurdles (semi-finals)</b>
<b>2:15 PM</b>	Women	<b>200 M (semi-finals)</b>
<b>2:25 PM</b>	Men	<b>200 M (semi-finals)</b>
<b>2:35 PM</b>	Women	<b>3000 M Steeplechase (finals)</b>
<b>3:00 PM</b>	Men	<b>3000 M Steeplechase (finals)</b>

<b>DAY TWO</b>		
<b>10:00 AM</b>	Women	<b>Hammer (prelims &amp; finals)</b>
	Women	<b>Triple Jump (prelims &amp; finals)</b>
<b>10:30 AM</b>	Men	<b>Javelin (prelims &amp; finals)</b>
	Men	<b>High Jump (prelims &amp; finals)</b>
<b>12:00 PM</b>	Women	<b>4x100 M Relay</b>
<b>12:05 PM</b>	Men	<b>4x100 M Relay</b>
<b>12:10 PM</b>	Women	<b>1500 M</b>
<b>12:20 PM</b>	Men	<b>1500 M</b>
<b>12:30 PM</b>	Men	<b>Triple Jump (prelims &amp; finals)</b>
	Men	<b>Shot Put (prelims &amp; finals)</b>
<b>12:35 PM</b>	Women	<b>100 M High Hurdles</b>
<b>12:45 PM</b>	Men	<b>110 M High Hurdles</b>
<b>12:55 PM</b>	Women	<b>400 M</b>
<b>1:00 PM</b>	Men	<b>400 M</b>
	Women	<b>Discus (prelims &amp; finals)</b>
	Women	<b>High Jump (prelims &amp; finals)</b>
<b>1:05 PM</b>	Women	<b>100 M</b>
<b>1:10 PM</b>	Men	<b>100 M</b>
<b>1:20 PM</b>	Women	<b>800 M</b>
<b>1:25 PM</b>	Men	<b>800 M</b>
<b>1:40 PM</b>	Women	<b>400 M Hurdles</b>
<b>1:50 PM</b>	Men	<b>400 M Hurdles</b>
<b>2:00 PM</b>	Women	<b>200 M</b>
<b>2:05 PM</b>	Men	<b>200 M</b>
<b>2:10 PM</b>	Women	<b>5000 M</b>
<b>2:35 PM</b>	Men	<b>5000 M</b>
<b>2:55 PM</b>	Women	<b>4x400 M Relay</b>
<b>3:05 PM</b>	Men	<b>4x400 M Relay</b>