

2019 WAC Indoor Track and Field Championships
2-Day Schedule of Events – Final

Friday, February 22 Combined Events			
<u>Heptathlon (m)</u>		<u>Pentathlon (w)</u>	
9:15 a.m.	60-Meters	9:00 a.m.	60-Meter Hurdles
9:50 a.m.	Long Jump	9:45 a.m.	High Jump
12:00 p.m.	Shot Put	11:15 a.m.	Shot Put
1:30 p.m.	High Jump	12:30 p.m.	Long Jump
		2:30 p.m.	800-Meters
Saturday, February 23 Combined Events			
9:00 a.m.	60-Meter Hurdles		
9:50 a.m.	Pole Vault		
12:15 p.m.	1,000-Meters (Estimated time)		



Friday, February 22	Saturday, February 23
<u>Field Events (All events are final)</u>	<u>Field Events (All events are final)</u>
2:30 p.m. Triple Jump (Women)	10:00 a.m. Shot Put (Women)
2:30 p.m. Pole Vault (Men)	10:00 a.m. Long Jump (Women)
2:30 p.m. 35 Lb. Weight Throw (Men)	10:00 a.m. High Jump (Men)
4:30 p.m. 20 Lb. Weight Throw (Women)	12:30 p.m. Pole Vault (Women)
4:30 p.m. Triple Jump (Men)	12:30 p.m. Long Jump (Men)
	12:30 p.m. Shot Put (Men)
	12:30 p.m. High Jump (Women)
<u>Running Events (Prelims & Finals)</u>	<u>Running Events (All events are finals)</u>
2:50 p.m. National Anthem	1:50 p.m. National Anthem
3:00 p.m. Mile (Women)	2:00 p.m. Mile (Women)
3:15 p.m. Mile (Men)	2:10 p.m. Mile (Men)
3:35 p.m. 60-Meter Hurdles (Women)	2:25 p.m. 60-Meter Hurdles (Women)
3:45 p.m. 60-Meter Hurdle (Men)	2:35 p.m. 60-Meter Hurdles (Men)
4:00 p.m. 60-Meters (Women)	2:45 p.m. 60-Meters (Women)
4:10 p.m. 60-Meters (Men)	2:55 p.m. 60-Meters (Men)
4:25 p.m. 400-Meters (Women)	3:10 p.m. 400-Meters (Women)
4:40 p.m. 400-Meters (Men)	3:20 p.m. 400-Meters (Men)
4:50 p.m. 800-Meters (Women)	3:30 p.m. 800-Meters (Women)
5:00 p.m. 800-Meters (Men)	3:40 p.m. 800-Meters (Men)
5:10 p.m. 200-Meters (Women)	3:50 p.m. 200-Meters (Women)
5:20 p.m. 200-Meters (Men)	4:00 p.m. 200-Meters (Men)
5:30 p.m. 5,000-Meters (Women-Final)	4:10 p.m. 3,000-Meters (Women)
5:50 p.m. 5,000-Meters (Men-Final)	4:40 p.m. 3,000- Meters (Men)
6:10 p.m. Distance Medley Relay (Women-Final)	*5:10 p.m. 1600-Meter Relay (Women)
6:25 p.m. Distance Medley Relay (Men-Final)	*5:15 p.m. 1600-Meter Relay (Men)
	5:45 p.m. Awards Ceremony

*The men's and women's 4x400 relays will not be run until the completion of all field events.