

CCIW

2016 Outdoor Track & Field Championships Augustana College

Lindberg Stadium Paul V. Olsen Track

Friday, May 6—Saturday May 7

Entry Deadlines

Wednesday, May 4	7:00 p.m.	Entries due
Wednesday, May	12:00 Noon	Deadline for challenges to a seed performance
	7:15 p.m.	Final entry list is posted
	9:00 p.m.	Deadline for challenges and corrections
		*\$100 fine for each event omitted (Games Committee Discretion)
Thursday, May 5	10:00 a.m.	Heats/Flight Sheets posted
	12:00 Noon	Deadline for field event flight change requests (to games committee)

Entry Information

Enter on www.directathletics.com No fax, e-mail, or phone entries
Five (5) entries per individual event; one (1) entry per relay (names not required)
Entries must be verifiable during the current outdoor season----recorded on TFFRS

Decathlon/ Heptathlon

Watch for e-mail asking for marks in running events for seeding purposes

Games Committee

Scott Bradley, Wheaton
Chris Schumacher, Illinois Wesleyan
Kari Kluckhohn, North Central

CCIW Track & Field Championships
Time Schedule

Friday

10:00 a.m.	Heptathlon
10:15 a.m.	Decathlon
12:00 p.m.	Hammer (Women)
2:30 p.m.	Hammer (Men)
12:00 p.m.	Pole Vault (Women)
3:30 p.m.	Pole Vault (Men)
1:30 p.m.	Long Jump (Men)
4:00 p.m.	Long Jump (Women)
2:00 p.m.	Javelin (Women)
4:30 p.m.	Javelin (Men)

Women run 1st in all events during even years

2:30 p.m.	100/110 Meter Hurdles Trials
3:00 p.m.	400 Meter Trials
3:30 p.m.	100 Meter Trials
4:00 p.m.	800 Meter Trials
4:30 p.m.	400 Meter Hurdles Trials
5:00 p.m.	200 Meter Trials
5:30 p.m.	3,000 Steeplechase
6:15 p.m.	10,000 Meters

Saturday

10:00 a.m.	Heptathlon
10:00 a.m.	Decathlon
10:30 a.m.	Shot (Women)
1:00 p.m.	Shot (Men)
11:00 a.m.	Triple Jump (Women)
2:00 p.m.	Triple Jump (Men)
11:00 a.m.	High Jump (Men)
2:00 p.m.	High Jump (Women)
12:30 p.m.	Discus (Women)
2:30 p.m.	Discus (Men)

Women run 1st in all events during even years

2:30 p.m.	4x100 Meter Relay
2:45 p.m.	1500 Meters
3:15 p.m.	100/100 Meter Hurdles Finals
3:25 p.m.	400 Meter Finals
3:40 p.m.	100 Meter Finals
3:55 p.m.	800 Meter Finals
4:10 p.m.	400 Meter Hurdles Finals
4:25 p.m.	200 Meter Finals
4:40 p.m.	5,000 Meters
5:40 p.m.	4x400 Meter Relay
6:00 p.m.	Awards Ceremony