

2024 CAA Track & Field Championship Schedule of Events

Thursday, May 9, 2024

Facility will be open for practice 12:00 - 5:00 pm

Friday, May 10, 2024

FIELD EVENTS

10:00am	Women's Hammer
11:00am	Men's Javelin
12:30pm	Women's Javelin
1:00pm	Men's Hammer
2:00pm	Women's Long Jump (W pit)
3:30pm	Women's Pole Vault
5:00pm	Men's Long Jump (W pit)
6:00pm	Men's Pole Vault

COMBINED EVENTS

*Time are approximate and subject to change

DECATHLON

9:30am 100m
*10:15am Long Jump
*11:45am Shot Put
*1:15pm High Jump
*2:50pm 400m

HEPTATHLON

9:45am 100mH
*10:30am High Jump
*12:30pm Shot Put
*2:15pm 200m

RUNNING EVENTS

8:00am	Women's 10,000m Final
8:45am	Men's 10,000m Final
3:00pm	Women's 1,500m Trials
3:20pm	Men's 1,500m Trials
3:45pm	Women's 100m H Trials
4:00pm	Men's 110m H Trials
4:25pm	Women's 400m Trials
4:45pm	Men's 400m Trials
5:00pm	Women's 100m Trials
5:15pm	Men's 100m Trials
5:30pm	Women's 800m Trials
5:50pm	Men's 800m Trials
6:10pm	Women's 400m H Trials
6:30pm	Men's 400m H Trials
6:50pm	Women's 200m Trials
7:05pm	Men's 200m Trials
7:25pm	Women's 3,000m steeplechase Final
7:45pm	Men's 3,000m steeplechase Final

Saturday, May 11, 2024

FIELD EVENTS

10:00am	Women's Shot Put
10:00am	Women's High Jump
11:30am	Men's Triple Jump (W pit)
12:30pm	Men's Shot Put
12:30pm	Women's Discus
3:00pm	Men's Discus
2:00pm	Women's Triple Jump (W pit)
3:00pm	Men's High Jump

COMBINED EVENTS

*Time are approximate and subject to change

DECATHLON

9:45 110mH
*10:30am Discus
*12:00pm Pole Vault
*12:00pm Javelin
*3:35pm 1500m

HEPTATHLON

9:30am Long Jump
*11:30am Javelin
*1:30pm 800m

RUNNING EVENTS

1:00pm	Women's 4x100m Relay Final
1:10pm	Men's 4x100m Relay Final
1:20pm	Women's 1,500m Final
1:30pm	Men's 1,500 M Final
1:45pm	Women's 100m H Final
1:55pm	Men's 110m H Final
2:10pm	Women's 400m Final
2:20pm	Men's 400m Final
2:30pm	Women's 100m Final
2:40pm	Men's 100m Final
2:50pm	Women's 800m Final
3:00pm	Men's 800m Final
3:15pm	Women's 400m H Final
3:25pm	Men's 400m H Final
3:40pm	Women's 200m Final
3:50pm	Men's 200m Final
4:00pm	Women's 5,000m Final
4:20pm	Men's 5,000m Final
4:40pm	Women's 4x400m Relay Final
4:50pm	Men's 4x400m Relay Final