

# PACIFIC COAST INTERCOLLEGIATE

[Jack Rose Track](#) • Long Beach State University

Thursday, April 18, 2019

*FINAL TIME SCHEDULE: as of April 12, 2019*

## FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
09:00 a.m.	Women's Javelin	South Runway	Flight #1-3
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flight #1-3
09:30 a.m.	Women's Long Jump	East Runway	Flight #1-2
10:00 a.m.	Men's High Jump	East Pit	Flight #2
10:00 a.m.	Men's High Jump	West Pit	Flight #1
10:00 a.m.	Women's Long Jump	West Runway	Flight #3
10:30 a.m.	Women's Pole Vault	East Runway	Flight #1
11:20 a.m.	Men's Javelin	South Runway	Flight #1-2
12:00 p.m.	Men's Pole Vault	West Runway	Flight #2
12:00 p.m.	Men's Long Jump	West Runway	Flight #1-2
12:00 p.m.	Women's Hammer	North Ring-Outfield	Flight #1-3
12:30 p.m.	Women's High Jump	East Pit	Flight #2
12:30 p.m.	Women's High Jump	West Pit	Flight #1
01:15 p.m.	Men's Discus	Infield	Flight #1-3
02:15 p.m.	Men's Pole Vault	East Runway	Flight #1
02:15 p.m.	Women's Shot Put	East Ring	Flight #4-5
02:15 p.m.	Women's Shot Put	West Ring	Flight #1-3
02:45 p.m.	Women's Pole Vault	West Runway	Flight #2
03:00 p.m.	Women's Triple Jump	East Runway	Flight #1-2
03:00 p.m.	Men's Triple Jump	West Runway	Flight #1
03:15 p.m.	Women's Discus	Outfield	Flight #1-3
04:30 p.m.	Men's Shot Put	East Ring	Flight #4-5
04:30 p.m.	Men's Shot Put	West Ring	Flight #1-3
04:30 p.m.	Women's Discus	Infield	Flight #4

## TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
01:15 p.m.	<a href="#"><u>NATIONAL ANTHEM</u></a>	
01:20 p.m.	Women's 4x100 Meter Relay	2 heats
01:30 p.m.	Men's 4x100 Meter Relay	2 heats
01:40 p.m.	Women's 100 Meter Hurdles	5 heats
02:00 p.m.	Men's 110 Meter Hurdles	4 heats
02:15 p.m.	Women's 400 Meters	4 heats
02:40 p.m.	Men's 400 Meters	4 heats
03:05 p.m.	Women's 100 Meters	5 heats
03:25 p.m.	Men's 100 Meters	4 heats
03:45 p.m.	Women's 800 Meters	4 heats
04:05 p.m.	Men's 800 Meters	3 heats
04:25 p.m.	Women's 400 Meter Hurdles	3 heats
04:40 p.m.	Men's 400 Meter Int. Hurdles	3 heats
04:55 p.m.	Women's 200 Meters	7 heats
05:20 p.m.	Men's 200 Meters	5 heats
05:45 p.m.	Women's 4x400 Meter Relay	1 heat
05:50 p.m.	Men's 4x400 Meter Relay	1 heat

