

SOUTHERN CALIFORNIA TRACK & FIELD





FINAL SCHEDULE

Friday, March 18th

Field Events Location Friday at South Bay Throws Facility

Field Events - All times approximate, will run one after another

- 12:00pm Women's Discus Throw
- 1:30pm Men's Discus Throw
- 2:45pm Women's Hammer Throw
- 4:15pm Men's Hammer Throw

Saturday, March 19th

Field Events at Loker Track

11:00am - Women's Pole Vault

11:00am – Women's Shot Put

11:00am - Women's Long Jump

11:00am - Men's Long Jump

12:00pm – Men's Javelin

12:30pm - Women's High Jump

1:00pm – Men's Shot Put

1:00pm - Men's Pole Vault

1:30pm - Women's Triple Jump

1:30pm - Men's Triple Jump

2:00pm - Men's High Jump

2:00pm - Women's Javelin

Running Events

11:00am - Women's 3k Steeple

11:15am - Men's 3k Steeple

12:00pm - National Anthem

12:05pm - Women's 400 Meter Relay

12:10pm - Men's 400 Meter Relay

12:15pm - Women's 1500 Meters

12:25pm – John L. West Men's 1500 Meters

12:35pm – Women's 100 Hurdles

12:45pm - Men's 110 High Hurdles

12:55pm - Women's 400 Meters

1:00pm - Men's 400 Meters

1:10pm – Women's 100 Meters

1:20pm – Men's 100 Meters

1:30pm - Women's 800 Meters

1:40pm - Men's 800 Meters

1:50pm – Women's 400 Hurdles

2:00pm - Men's 400 Hurdles

2:10pm - Women's 200 Meters

2:20pm - Men's 200 Meters

2:35pm - Women's 3000 Meters

2:55pm - Men's 3000 Meters

3:15pm – Women's 1600 Meter Relay

3:25pm - Men's 1600 Meter Relay