

**Conference Carolinas
2021 Men's & Women's Indoor Track & Field Championships**

MEET SCHEDULE

The Games Committee may alter the order of events if the constraints of the facility require such a change to ensure the safety of athletes, coaches, and spectators.

The following is a list of events in the order in which they are to be contested:

FIELD EVENTS

<u>Time</u>	<u>Area</u>	<u>Event</u>	<u>Gender</u>
9:00am	PV Runway (7)	Pole Vault	Men
11:00pm	PV Runway (7)	Pole Vault	Women
9:00am	Throws Cage (12)	Weight Throw	Women
11:00pm	Throws Cage (12)	Weight Throw	Men
1:00pm	Throws Cage (12)	Shot Put	Women
3:00pm	Throws Cage (12)	Shot Put	Men
9:00am	LJ Runway (9)	Long Jump	Men
11:30am	LJ Runway (9)	Triple Jump	Men
9:00am	LJ Runway (10)	Long Jump	Women
11:30am	LJ Runway (10)	Triple Jump	Women
2:15pm	HJ Apron (11)	High Jump	Men
3:30pm	HJ Apron (11)	High Jump	Women

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Gender</u>	<u>Section</u>
10:30am	Distance Medley Relay	Women	Finals
10:45am	Distance Medley Relay	Men	Finals
11:00am	5000m Run	Women	Finals
11:30am	5000m Run	Men	Finals
12:00pm	60m Hurdles	Women	Prelims
12:10pm	60m Hurdles	Men	Prelims
12:25pm	60m Dash	Women	Prelims
12:35pm	60m Dash	Men	Prelims
12:45pm	Mile Run	Women	Finals
1:00pm	Mile Run	Men	Finals
1:15pm	60m Hurdles	Women	Finals
1:20pm	60m Hurdles	Men	Finals
1:30pm	60m Dash	Women	Finals
1:35pm	60m Dash	Men	Finals
1:50pm	400m Dash	Women	Finals
2:05pm	400m Dash	Men	Finals
2:20pm	800m Run	Women	Finals
2:35pm	800m Run	Men	Finals
2:55pm	200m Dash	Women	Finals

3:15pm	200m Dash	Men	Finals
3:30pm	3000m Run "Slow"*	Women	Finals
3:45pm	3000m Run "Fast"	Women	Finals
4:00pm	3000m Run "Slow"*	Men	Finals
4:15pm	3000m Run "Fast"	Men	Finals
4:30pm	4x400m Relay	Women	Finals
4:40pm	4x400m Relay	Men	Finals

*Note: Schedule can be condensed before meet day due to scratches. The schedule will be adjusted after entries have been submitted during the pre-championships meeting.