



CNU'S 2017 OUTDOOR MEET SERIES

Captains Classic & Combined Events – Friday-Saturday, April 14th-15th

Meet Schedule

(subject to change)

Friday Field Events

4:00pm M Hammer
W Javelin
5:30pm W Hammer
M Javelin

Decathlon & Heptathlon events will run on a rolling schedule with 30min breaks

Saturday Field Events

11:00am W Long Jump (outer runway)
M Long Jump (inner runway)
W Pole Vault
M Shot Put
W Discus

Noon M High Jump

1:00pm *Heptathlon Long Jump*
W Shot Put

2:00pm W Triple Jump (outer runway)
M Triple Jump (inner runway)
M Discus

2:30pm **W High Jump**

3:00pm **M Pole Vault**

Friday Track Events

4:00pm *Decathlon 100m*
4:15pm *Heptathlon 100m Hurdles*

5:30pm W 5,000m

6:00pm M 5,000m

6:30pm M/W 10,000m

~6:20pm Heptathlon 200m

~7:30pm Decathlon 400m

Saturday Track Events

11:00am W 2k Steeplechase

11:15am M 2k Steeplechase

11:30am W 3,000m

11:45am M 3,000m

Noon *Decathlon 110m Hurdles*

12:10pm W 4x100m Relay

12:20pm M 4x100m Relay

12:25pm W 1500m

12:50pm M 1500m

1:10pm W 100m Hurdles

1:20pm M 110m Hurdles

1:30pm W 400m

1:45pm M 400m

2:00pm W 100m

2:15pm M 100m

2:30pm *Heptathlon 800m*

2:35pm W 800m

2:50pm M 800m

3:10pm W 400m Hurdles

3:20pm M 400m Hurdles

3:30pm W 200m

3:55pm M 200m

4:20pm *Decathlon 1500m*

4:30pm W 3k Steeplechase

4:45pm M 3k Steeplechase

5:00pm W 4x400m Relay

5:10pm M 4x400m Relay



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Combined Events Schedule (Estimated)

<u>Decathlon</u>		<u>Heptathlon</u>	
<u>Day 1</u>		<u>Day 1</u>	
4:00pm	100m	4:15pm	100m Hurdles
<i>4:35pm</i>	Long Jump	<i>4:50pm</i>	High Jump
<i>5:25pm</i>	Shot Put	<i>5:40pm</i>	Shot Put
<i>6:15pm</i>	High Jump	<i>6:20pm</i>	200m
<i>7:30pm</i>	400m		
<u>Day 2</u>		<u>Day 2</u>	
Noon	110m Hurdles	1:00pm	Long Jump
<i>12:35pm</i>	Discus	<i>1:40pm</i>	Javelin
<i>1:45pm</i>	Pole Vault	<i>2:20pm</i>	800m
<i>3:15pm</i>	Javelin		
<i>4:20pm</i>	1500m		

Hep/Dec events start at minimum 30 minutes after the conclusion of the preceding event.