

# 2007 CCAC Track and Field Meet

March 30<sup>th</sup>, 2007 Gulf Coast High School

## Event Schedule

Coaches meeting/Scratch meeting 2:00pm

**Field Events 2:30pm**

Girls Pole Vault 2:30pm

Boys Pole Vault, follows 3:30pm

Girls High Jump 2:30pm

Boys High Jump, follows 4:00pm

Girls long jump pit (North End of Stadium) 2:30pm

Boys long jump pit (South End of Stadium) 2:30pm

Girls triple jump pit (North End of Stadium) 4:00pm

Boys triple jump pit (South End of Stadium) 4:00pm

Boys Discus 2:30pm

Girls Shot 2:30pm

Boys Shot 4:00pm

Girls Discus 4:00pm

**Running Events**

1. Final 4 X 800m relay 3:00pm

**2. Preliminaries 4:00pm**

a. 100m/110m Hurdles

b. 100m dash

c. 400m dash

d. 300 hurdles

e. 200m dash

**3. Finals 7:00pm**

a. 100m/110m Hurdles

b. 100m dash

c. 1600m

d. 4 x 100m relay

e. 400m dash

f. 300 Hurdles

g. 800 m run

h. 200m dash

i. Fast 3200

j. 4 x 400m relay