

# 2017 GCAC/CCL CHAMPIONSHIPS

(Note: All times are approximate. Events may be earlier than stated time)

<b>7:00 A.M.</b>	<b>FAT/HOST SET-UP</b>
8:00	Facility open and available for teams
9:00	Coaches Meeting
9:10	Open 1600m Run - Heat 1
9:30	All Field Events Begin: Long Jump: 1 Flight, 4 jumps, cafeteria style, no finals (1 Hr. 15 Min.) High Jump: 1 Flight, opening height 4' 0" Pole Vault: 1 Flight, opening height 6' 0" Shot Put: 2 Flights, 4 throws, no finals
11:00	Triple Jump: 1 Flight, 4 jumps, will begin after Long Jump (1 hour)

## Prelims

9:30 A.M.	Prelims 60m High Hurdles: top 8 advance to finals based off of time
9:40	Prelims 60m Dash: top 8 advance to finals based off of time
9:55	Open 1600m Run (2 heats)

## Finals

10:15 A.M.	3200m Relay	1 Heat
10:30	3200m Run	1 Heat
10:50	60m High Hurdle Finals	1 Heat
11:00	60m Dash Finals	1 Heat
11:05	800m Run	3 Heats
11:20	800m Relay (exhibition)	2 Heats
11:30	800m Relay	3 Heats
11:50	400m Dash	6 Heats
12:10 P.M.	1600m Run	2 Heats
12:30	200m Dash	6 Heats
12:50	1600m Relay (exhibition)	2 Heats
1:05	1600m Relay	3 Heats
1:30	Awards/Results	
1:30	GCAC Meet Complete	

---

## 1:50 P.M. Boys Coaches Meeting

2:10	3200m Run, Heat 1 (Combined – frosh/soph & varsity)
2:10	All Field Events Begin: Frosh/Soph/Varsity Long Jump: 1 Flight, 3 jumps, cafeteria style, no finals (1 Hr. 30 Min.) Frosh/Soph/Varsity Triple Jump: 1 Flight, will begin after Long Jump (1 Hr. 30 Min.)
2:35	Frosh-Soph Prelims 60m High Hurdles: top 8 advance to finals. (3 Heats) Varsity Prelims 60m High Hurdles: top 8 advance to finals. (3 Heats)
2:50	Open 1600m Run
3:05	Frosh-Soph Prelims 60m Dash: top 8 advance to finals. (5 Heats) Varsity Prelims 60m Dash: top 8 advance to finals. (5 Heats)
3:30	F/S 3200m Relay 1 Heat Varsity 3200m Relay 1 Heat
3:55	F/S 3200m Run 1 Heat Varsity 3200m Run 1 Heat
4:25	F/S 60m High Hurdle Finals 1 Heat Varsity 60m High Hurdle Finals 1 Heat
4:40	F/S 60m Dash Finals 1 Heat Varsity 60m Dash Finals 1 Heat

4:50	F/S 800m Run	3 Heats
	Varsity 800m Run	3 Heats
5:15	F/S 800m Relay	4 Heats
	Varsity 800m Relay	4 Heats
5:45	F/S 400m Dash	5 Heats
	Varsity 400m Dash	5 Heats
6:20	F/S 1600m Run	2 Heats
	Varsity 1600m Run	2 Heats
6:50	F/S 200m Dash	5 Heats
	Varsity 200m Dash	5 Heats
7:15	F/S 1600m Relay	3 Heats
	Varsity 1600m Relay	3 Heats
<b>8:00 P.M.</b>	<b>Awards</b>	