

2019 PCAC Championship Track Meet  
Thursday, April 4, 2019

Registration closes on Direct Athletics at 12pm on Tuesday April, 2, 2019. Do not be late on entries!

2:00pm - Coaches Meeting  
2:00pm - Implement Weigh-in (Clerk Tent)

2:30pm - Field Events  
Girls Discus (Across Arcturas)  
Boys Shot Put (Northwest Pit)  
Girls Long Jump (North Pit)  
Boys Long Jump (Southwest Pit)  
Girls High Jump (Southeast Pit)  
Boys High Jump (Southwest Pit)  
Girls Pole Vault (Northwest Pit)  
\* Boys Pole Vault -- Immediately following Girls Pole Vault -- (Northwest Pit)

3:30pm Timed Finals  
Girls 4x800 Relay (1 Heat)  
Boys 4x800 Relay (1 Heat)

3:30pm - Field Events  
Boys Discus (Across Arcturas)  
Girls Shot Put (Northwest Pit)  
Girls Triple Jump (Southwest Pit)

5:00pm - Field Events  
Boys Triple Jump (Southwest Pit)

4:30pm Timed Finals  
Girls 100H (2 Heats)  
Boys 110H (2 Heats)  
Girls 100 (2 Heats)  
Boys 100 (2 Heats)  
Girls 1600 (1 Heat)  
Boys 1600 (1 Heat)  
Girls 4x100 Relay (2 Heats)  
Boys 4x100 Relay (2 Heats)  
Girls 400 (2 Heats)  
Boys 400 (2 Heats)  
Girls 300 H (2 Heats)  
Boys 300 H (2 Heats)  
Girls 800 (1 Heat)  
Boys 800 (1 Heat)  
Girls 200 (2 Heats)  
Boys 200 (2 Heats)  
Girls 3200 (1 Heat)  
Boys 3200 (1 Heat)  
Girls 4x400 Relay (2 Heats)  
Boys 4x400 Relay (2 Heats)

\*Throws and horizontal jumps will be given four throws/jumps with no finals  
\*Starting heights for vertical jumps: GHJ-1.27, BHJ-1.57m, GPV-1.70m, BPV-2.30m