

**KCAC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS
2018
HOSTED BY FRIENDS UNIVERSITY**

SCHEDULE OF EVENTS

Thursday, May 3

FIELD EVENTS

1:00 p.m.	Implement Check-In	
2:00 p.m.	Long Jump	Men
	High Jump	Women
	Shot Put	Men
	Discus	Women
4:00 p.m.	Shot Put	Women
	Discus	Men
	Long Jump	Women
	High Jump	Men

RUNNING SEMIFINALS

4:45p.m.	3000 M Stchase	Women (Final)
5:05	3000 M Stchase	Men (Final)
5:45	100 M Hurdles	Women
5:55	110 M Hurdles	Men
6:05	400 M	Women
6:15	400 M	Men
6:30	100 M	Women
6:40	100 M	Men
6:50	4 X 800 M Relay	Women (Final)
7:05	4 X 800 M Relay	Men (Final)
7:20	400 M Hurdles	Women
7:30	400 M Hurdles	Men
7:40	200 M	Women
7:50	200 M	Men
8:05	10,000 M	Women (Final)
8:55	10,000 M	Men (Final)

Friday, May 4

FIELD EVENTS

11:00 a.m.	Implement Check-In	
12:00 noon	Javelin	Men
1:00 p.m.	Pole Vault	Women
	Triple Jump	Men
2:00 p.m.	Javelin	Women
3:00 p.m.	Pole Vault	Men
	Triple Jump	Women
4:00 p.m.	Hammer	Women
6:00 p.m.	Hammer	Men

RUNNING FINALS

5:00 p.m.	4 X 100 M Relay	Women
5:10	4 X 100 M Relay	Men
5:20	1500 M	Women
5:30	1500 M	Men
5:40	100 M Hurdles	Women
5:45	110 M Hurdles	Men
5:55	400 M	Women
6:00	400 M	Men
6:10	100 M	Women
6:15	100 M	Men
6:25	800 M	Women
6:30	800 M	Men
6:45	400 M Hurdles	Women
6:55	400 M Hurdles	Men
7:05	200 M	Women
7:10	200 M	Men
7:20	5,000 M	Women
7:45	5,000 M	Men
8:05	4 X 400 M Relay	Women
8:20	4 X 400 M Relay	Men
	Awards Ceremony	
	Team Champions	
	Most Valuable Athletes	
	Coaches of the Year	