

PACIFIC ASSOCIATION USATF CHAMPIONSHIPS

COLLEGE OF SAN MATEO

Sunday May 28, 2006

RUNNING EVENTS

TIME	Event
9:00 AM	Women 10,000 Meters
9:00 AM	Men 10,000 Meters
10:00 AM	Men 3000 Meter Steeplechase
10:20 AM	Women 3000 Meter Steeplechase
10:40 AM	Women 5000 Meter Race Walk
10:40 AM	Men 5000 Meter Race Walk
11:30 AM	Women 1500 Meters
11:40 AM	Men 1500 Meters
11:55 AM	Women 100 Meter Hurdles
12:10 PM	Men 110 Meter Hurdles
12:30 PM	Women 400 Meters
12:40 PM	Men 400 Meters
	Officials Lunch Break
1:30 PM	Women 100 Meters
1:45 PM	Men 100 Meters
2:00 PM	Women 800 Meters
2:10 PM	Men 800 Meters
2:25 PM	Women 400 Meter Hurdles
2:35 PM	Men 400 Meter Hurdles
2:50 PM	Women 5000 Meters
3:15 PM	Men 5000 Meters
3:35 PM	Women 200 Meters
3:45 PM	Men 200 Meters

FIELD EVENTS

TIME	Event
10:00 AM	Men Hammer Throw
10:00 AM	Women Hammer Throw
10:00 AM	Men Pole Vault
10:00 AM	Women Long Jump
11:00 AM	Men High Jump
11:30 AM	Men Long Jump
11:30 PM	Men Discus Throw
11:30 PM	Women Discus Throw
12:30 PM	Men Shot Put
12:30 PM	Women Shot Put
1:00 PM	Women High Jump
1:00 PM	Women Pole Vault
1:00 PM	Women Triple Jump

1:00 PM	Men Javelin Throw
1:00 PM	Women Javelin Throw
2:30 PM	Men Triple Jump

Throwing Events Will Be Co-Ed and/or Flighted by Gender If Necessary