

2010 KCAC Track and Field Championships Hosted By Ottawa University

April 30th

Schedule of Events

May 1st

Friday

Field Events

3:00 p.m. Long Jump Men
Discus Women
Javelin Men
High Jump Women

4:30 p.m. Discus Men
Javelin Women
High Jump Men
Long Jump Women

Running Semifinals

4:00 p.m. 3000 M Stchase Women (Final)
4:20 3000 M Stchase Men (Final)
5:00 100 M Hurdles Women
5:10 110 M Hurdles Men
5:20 400 M Women
5:30 400 M Men
5:45 100 M Women
5:55 100 M Men
6:05 4 x 800 M Relay Women (Final)
6:20 4 x 800 M Relay Men (Final)
6:35 400 M Hurdles Women
6:45 400 M Hurdles Men
6:55 200 M Women
7:05 200 M Men
7:20 10,000 M Women (Final)
8:10 10,000 M Men (Final)

Saturday

Field Events

2:00 p.m. Hammer Men
Triple Jump Men
Pole Vault Women
Shot Put Women

3:30 p.m. Pole Vault Men
Shot Put Men
Triple Jump Women
Hammer Women

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

Saturday's Awards Ceremony
Team Champions
Most Valuable Athletes
Coaches of the Year

Bill "Bo" Boucek Track