



CCCJ TRACK AND FIELD MEET SCHEDULE 2017 [DRAFT]

TIME	EVENT	DIVISION	ROUND	REMARKS
10:00 a.m.	<i>Discus</i>	Men		
	<i>Long Jump</i>	Women		
	<i>Javelin</i>	Men		
10:10 a.m.	400 meters	Women	Heats 1	
10:15 a.m.	400 meters	Women	Heats 2	
10:20 a.m.	400 meters	Men	Heats 1	
10:25 a.m.	400 meters	Men	Heats 2	
10:30 a.m.	100 meters	Women	Heats 1	
10:35 a.m.	100 meters	Women	Heats 2	
10:40 a.m.	100 meters	Men	Heats 1	
10:45 a.m.	100 meters	Men	Heats 2	
10:55 a.m.	<i>Triple Jump</i>	Men		
	<i>High Jump</i>	Men		
	<i>Javelin</i>	Women		
11:00 a.m.	1500 meters	Women	Finals	
11:10 noon	1500 meters	Men	Finals	
11:30 p.m.	200 meters	Women	Heats 1	
11:35 p.m.	200 meters	Women	Heats 2	
11:40 p.m.	200 meters	Men	Heats 1	
11:45 p.m.	200 meters	Men	Heats 2	
LUNCH & OPENING CEREMONY (12:00 noon – 1:15 p.m.)				
1:20 p.m.	<i>Triple Jump</i>	Women		
	<i>High Jump</i>	Women		
	<i>Shot Put</i>	Men		



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1:20 p.m.	800 meters	Women	Finals	
1:25 p.m.	800 meters	Men	Finals	
1:45 p.m.	100 meters	Women	Finals	
1:50 p.m.	100 meters	Men	Finals	
1:55 p.m.	400 meters	Women	Finals	
2:00 p.m.	400 meters	Men	Finals	
2:10 p.m.	MEDAL PRESENTATION 1500m/ 400m/ 100m			
2:30 p.m.	<i>Discus</i>	Women		
	<i>Long Jump</i>	Men		
	<i>Shot Put</i>	Women		
2:40 p.m.	200 meters	Women	Finals	
2:45 p.m.	200 meters	Men	Finals	
2:50 p.m.	3000 meters	Women	Finals	
3:10 p.m.	5000 meters	Men	Finals	
3:35 p.m. – 4:25 p.m.	CHEERLEADING COMPETITION			
4:30 p.m.	Sprint Medley	Women		
4:40 p.m.	Sprint Medley	Men		
4:50 p.m.	MEDAL PRESENTATION 800m / 200m			
5: 10 p.m.	4 X 100 Relay	Women		
5: 15 p.m.	4 X 100 Relay	Men		



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TIE	EVENTS	DIVISION	ROUND	REMARKS
5: 20 p.m.	MEDAL PRESENTATION Sprint Medley/ All Field Events/ 3000m/5000m/ Cheerleading			
5:40 p.m.	4 X 400 Relay	Women	Finals	
5:50 p.m.	4 X 400 Relay	Men	Finals	
6:05 p.m.	FINAL PRESENTATION 100 meters Relay/ 400 meters Relay - CLOSING CEREMONY			

Guidelines:

The following rules and regulations must be adhered to for the Council of Community Colleges of Jamaica Track & Field Meet.

- Deadline for entries- Friday, March 10, 2017
- Report all changes to the Marshalls one (1) hour prior to the start of the meet
- The meet will start at 10:00 a.m. sharp. If your athletes do not report on time, he/she will not be able to participate in that event
- 3 individual races and 2 relays per athlete
- Your institution will be only be allowed two (2) athletes per event
- Please provide athletes full name on the entry form for recording and or media purposes