

**141st IC4A Men's and 34th ECAC Women's
OUTDOOR TRACK and FIELD
CHAMPIONSHIPS
Princeton University
William Weaver Track & Field Stadium
Princeton, New Jersey**

Modified Time Schedule for Sunday May 14th

***All heats will be run slow to fast. All heats are
finals***

***Please check in an hour before or 4 events up
front of your event. If you do not check in you will
be scratched from that event only. Come back 30
minutes before your event to get your hip
numbers. Example: the ECAC 4x100 Relay must
check in by 8:30 am.***

***Scratches will be taken throughout the day and
are encouraged***

***Clerking has been moved to the tunnel near the
finish line***

***Weigh-ins will be still be available and are
encouraged Saturday***

Field Events

IC4A Shot Put	9:30
IC4A Javelin	9:30
IC4A High Jump	9:30
ECAC Long Jump	9:30
IC4A Long Jump	9:30
ECAC Pole Vault	11:30
ECAC Javelin	11:45 (or 45 minutes after the completion of the IC4A Javelin)
ECAC Shot Put	12:30
IC4A Triple Jump	12:30 (or 45 minutes after the completion of the Long Jump)
ECAC Triple Jump	12:30 (or 45 minutes after the completion of the Long Jump)
ECAC High Jump	12:30
IC4A Discus	2:15 (or 45 minutes after the completion of the ECAC Javelin)

Track Events

ECAC 4x100 Relay	9:30 am
IC4A 4x100 Relay	To Follow
ECAC 1500	To Follow
IC4A 1500	To Follow
IC4A 110 High Hurdles	To Follow
ECAC 100 Hurdles	To Follow
ECAC 400	To Follow
IC4A 400	To Follow
ECAC 100	To Follow
IC4A 100	To Follow
ECAC 800	To Follow
IC4A 800	To Follow
ECAC 400 Hurdles	To Follow
IC4A 400 Hurdles	To Follow
ECAC 200	To Follow
IC4A 200	To Follow
ECAC 3000	To Follow
ECAC 4x800 Relay	To Follow
IC4A 4x800 Relay	To Follow
ECAC 4x400 Relay	To Follow
IC4A 4x400 Relay	To Follow
Presentation of Awards to follow the last event	