

**2009 CCC Championship Meet Schedule  
Mt. Hood CC (Gresham, Ore.)**

**Thursday, May 7**

	<b>Track Events</b>	<b>Field Events</b>
4:00 p.m.	<u>(M) Dec. 100</u>	
4:10 p.m.	<u>(W) Hept. 100 Hurdles</u>	
4:40 p.m.		<u>(M) Dec. Long Jump</u>
4:50 p.m.		<u>(W) Hept. High Jump</u>
5:30 p.m.		<u>(M) Dec. Shot Put, (W) Discus</u>
6:10 p.m.		<u>(W) Hept. Shot Put</u>
6:30 p.m.		<u>(M) Dec. High Jump</u>
7:10 p.m.	<u>(W) Hept. 200</u>	
7:30 p.m.		(M) Discus
7:45 p.m.	<u>(M) Dec. 400</u>	
8:00 p.m.	(W) 10,000	
8:50 p.m.	(M) 10,000	

**Friday, May 8**

4:00 p.m.	<u>(M) Dec. 110 Hurdles</u>	(M) Long Jump, (W) Pole Vault, (W) Hammer
4:15 p.m.		<u>(W) Hept. Long Jump</u>
4:30 p.m.	(W) Steeplechase	
4:40 p.m.		<u>(M) Dec. Discus</u>
5:00 p.m.	(M) Steeplechase	
5:45 p.m.		<u>(W) Hept. Javelin (north)</u>
6:00 p.m.	(W) 4x100 Relay	(M) Hammer, (W) Long Jump, <u>(M) Dec. Pole Vault</u>
6:05 p.m.	(M) 4x100 Relay	
6:15 p.m.	(W) 1,500	
6:30 p.m.	(M) 1,500	
6:45 p.m.	(W) 100 Hurdles	
7:00 p.m.	(M) 110 Hurdles, <u>(W) Hept. 800</u>	
7:15 p.m.	(W) 400	
7:30 p.m.	(M) 400	
7:45 p.m.	(W) 100	<u>(M) Dec. Javelin</u>
8:00 p.m.	(M) 100	
8:45 p.m.	<u>(M) Dec. 1,500</u>	

**Saturday, May 9**

10:00 a.m.		(W) High Jump, (W) Javelin ( <i>north</i> ), (M) Triple Jump, (M) Shot Put
12:00 p.m.		(M) High Jump, (M) Pole Vault, (W) Triple Jump, (W) Shot Put
12:15 p.m.	(W) 800	
12:30 p.m.	(M) 800	
12:50 p.m.	(W) 400 Hurdles	
1:10 p.m.	(M) 400 Hurdles	
1:25 p.m.	(W) 200	
1:40 p.m.	(M) 200	
2:00 p.m.	(W) 5,000	(M) Javelin
2:30 p.m.	(M) 5,000	
3:00 p.m.	(W) 4x400 Relay	
3:10 p.m.	(M) 4x400 Relay	
3:20 p.m.	Coaches Meeting	
3:30 p.m.	Final Awards	