

Friday, May 14, 2021

Running Events

12:00 PM	IC4A	100m Dash	Decathlon
1:00 PM	ECAC	100m Hurdles	Heptathlon
*5:30 PM	ECAC	200m Dash	Heptathlon
*5:45 PM	IC4A	400m Dash	Decathlon

* - Estimated Start Time

Field Events

12:00 PM	ECAC	Hammer Throw	Final
12:00 PM	IC4A	Javelin Throw	Final
12:00 PM	ECAC	Pole Vault	Final
*12:35 PM	IC4A	Long Jump	Decathlon
*1:40 AM	ECAC	High Jump	Heptathlon
*3:05 PM	IC4A	Shot Put	Decathlon
3:30 PM	IC4A	Hammer Throw	Final
3:30 PM	ECAC	Javelin Throw	Final
*3:30 PM	IC4A	Pole Vault	Final
*3:35 PM	IC4A	High Jump	Decathlon
*4:00 PM	ECAC	Shot Put	Heptathlon

* - Estimated Start Time

A minimum of 30 minutes between multi events

Field events - We will look at the forecast on Thursday to determine date of competition

Saturday, May 15, 2021

Running Events

10:45 AM	IC4A	110m Hurdles	Decathlon
11:05 AM	IC4A	4x100m Relay	Final
11:25 AM	ECAC	4x100m Relay	Final
11:45 AM	IC4A	1,500m Run	Final
12:15 PM	ECAC	1,500m Run	Final
12:45 PM	ECAC	100m Hurdles	Trials
1:15 PM	IC4A	110m Hurdles	Trials
1:40 PM	ECAC	100m Dash	Trials
2:05 PM	IC4A	100m Dash	Trials
*2:30 PM	ECAC	800m Run	Heptathlon
2:40 PM	IC4A	800m Run	Final
3:10 PM	ECAC	800m Run	Final
3:40 PM	ECAC	3,000m Run	Final
4:00 PM	ECAC	3,000m Steeplechase	Final
4:40 PM	IC4A	3,000m Steeplechase	Final
5:20 PM	ECAC	5,000m Run	Final
5:50 PM	IC4A	5,000m Run	Final
*6:10 PM	IC4A	1,500m Run	Decathlon
6:25 PM	ECAC	10,000m Run	Final
7:15 PM	IC4A	10,000m Run	Final

* - Estimated Start Time

Please note that the Hept 800m & Dec 1,500m may be contested in a different time slot than listed above

Field Events

11:00 AM	ECAC	Long Jump	Heptathlon
*11:40 AM	IC4A	Discus	Decathlon
12:00 PM	IC4A	Shot Put	Final
12:00 PM	ECAC	High Jump	Final
12:00 PM	IC4A	Long Jump	Final
*12:30 PM	ECAC	Javelin	Heptathlon
*1:10 PM	IC4A	Pole Vault	Decathlon
3:30 PM	IC4A	Discus Throw	Final
3:30 PM	IC4A	High Jump	Final
3:30 PM	ECAC	Long Jump	Final
3:30 PM	ECAC	Shot Put	Final
*4:30 PM	IC4A	Javelin	Decathlon

* - Estimated Start Time

A minimum of 30 minutes between multi events

Sunday, May 16, 2021

Running Events

11:00 AM	IC4A	110m Hurdles	Final
11:30 AM	ECAC	100m Hurdles	Final
11:45 AM	ECAC	400m Dash	Final
12:00 PM	IC4A	400m Dash	Final
12:15 PM	ECAC	100m Dash	Final
12:25 PM	IC4A	100m Dash	Final
12:40 PM	ECAC	400m Hurdles	Final
1:10 PM	IC4A	400m Hurdles	Final
1:30 PM	ECAC	200m Dash	Final
1:50 PM	IC4A	200m Dash	Final
2:10 PM	ECAC	4x800m Relay	Final
*2:45 PM	IC4A	4x800m Relay	Final
*3:15 PM	ECAC	4x400m Relay	Final
*3:40 PM	IC4A	4x400m Relay	Final

* an updated time schedule will be sent based on actual relay entries.

Field Events

11:00 AM	ECAC	Discus Throw	Final
11:00 AM	ECAC	Triple Jump	Final
11:00 AM	IC4A	Triple Jump	Final

This gives us a day we can move most of the field events if needed due to poor weather

Field Event alternate time schedule

Present scheduled day and time is in black

IC4A High Jump	ECAC High Jump
Friday N/A	Friday N/A
Saturday 3:30 PM	Saturday 12:00 PM
Sunday 1:30 PM	Sunday 10:00 AM

IC4A Pole Vault	ECAC Pole Vault
Friday 3:30 PM	Friday 12:00 PM
Saturday N/A	Saturday N/A
Sunday 10:00 AM	Sunday 1:30 PM

IC4A Long Jump	ECAC Long Jump
Friday 12:00 PM	Friday 3:30 PM
Saturday 12:00 PM	Saturday 3:30 PM
Sunday N/A	Sunday N/A

IC4A Triple Jump	ECAC Triple Jump
Friday 3:30 PM	Friday 3:30 PM
Saturday N/A	Saturday N/A
Sunday 11:00 AM	Sunday 11:00 AM

IC4A Shot Put	ECAC Shot Put
Friday N/A	Friday N/A
Saturday 12:00 PM	Saturday 3:30 PM
Sunday 12:00 PM	Sunday 12:00 PM

IC4A Javelin	ECAC Javelin
Friday 12:00 PM	Friday 3:30 PM
Saturday N/A	Saturday N/A
Sunday 10:00 AM	Sunday 1:30 PM

IC4A Discus	ECAC Discus
Friday N/A	Friday N/A
Saturday 3:30 PM	Saturday N/A
Sunday N/A	Sunday 11:00 AM

IC4A Hammer	ECAC Hammer
Friday 3:30 PM	Friday 12:00 PM
Saturday N/A	Saturday N/A
Sunday N/A	Sunday N/A