

**NJCAA Region One Conference Meet**  
**April 1, 2017**

**Meet Info:**

Entries are due **March 30, 2017 at Midnight**. Entries must be completed through **DIRECTATHLETICS**. We will not accept entries the day of the meet. After the meet entire time closes, if you need to make any minor adjustments, please contact Delawn Leggett [delawn.leggett@gccaz.edu](mailto:delawn.leggett@gccaz.edu), or call 602-301-7282

Weigh ins will begin at 8:45 am and end at 9:30 am.

**Entry Fees:**

Teams: **\$200.00** per gender

**TRACK & FIELD EVENT SCHEDULE**

**Field Events:**

11:00 AM — HAMMER MEN / WOMEN TO FOLLOW

11:00 AM — DISCUS WOMEN / MEN TO FOLLOW

11:00 AM — HIGH JUMP MEN / WOMEN TO FOLLOW

2:00 PM — LONG JUMP MEN / WOMEN TO FOLLOW

2:00 PM — SHOT PUT WOMEN / MEN TO FOLLOW

2:30 PM — JAVELIN WOMEN / MEN TO FOLLOW

4:30 PM — TRIPLE JUMP MEN / WOMEN TO FOLLOW

**Running Events:**

2:00 PM — STEEPLE CHASE W

2:15 PM — STEEPLE CHASE M

2:30 PM — 4 X 100 RELAY W

2:35 PM — 4 X 100 RELAY M

2:40 PM — 1500 METERS W

2:50 PM — 1500 METERS M

3:00 PM — 100 METER HURDLES W

3:10 PM — 110 METER HURDLES M

3:20 PM — 400 METERS W

3:25 PM — 400 METERS M

3:35 PM — 100 METERS W

3:40 PM — 100 METERS M

3:55 PM — 800 METERS W

4:05 PM — 800 METERS M

4:15 PM — 400 METER HURDLES W

4:25 PM — 400 METER HURDLES M

4:40 PM — 200 METERS W

4:45 PM — 200 METERS M  
5:00 PM — 5000 METERS W  
5:30 PM — 5000 METERS M  
6:15 PM — 4 X 400 RELAY W  
6:25 PM — 4 X 400 RELAY M