Celebrating 75 Years of Service to Our Membership

138th IC4A Men's and 31st ECAC Women's OUTDOOR TRACK and FIELD CHAMPIONSHIPS
William Weaver Track & Field Stadium
Princeton University – Princeton, New Jersey

Friday May 16th

ECAC Heptathlon	12:00 PM
IC4A Decathlon	1:00
ECAC Discus Throw	5:00
ECAC Steeplechase	7:00
IC4A Steeplechase	7:20
ECAC 5000	7:40
ECAC 10000	8:00
IC4A 5000	8:45
IC4A 10000	9:15

Saturday May 17th

IC4A Decathlon	9:00 AM
ECAC Heptathlon	9:00
IC4A Hammer Throw	10:00
ECAC 4x100 Relay – Trials	10:30
ECAC 1500 Trials	10:50
ECAC 100 Hurdles – Trials	11:15
ECAC 100 Meter Trials	11:35
ECAC Javelin Throw	12:00
ECAC Long Jump	12:00
ECAC 400 – Trials	12:00 PM
ECAC 100 Hurdle – Semis	12:25
ECAC 100 Meter – Semis	12:35
ECAC 800 – Trials	12:50
ECAC 400 Hurdle – Trials	1:20
ECAC 200 – Trials	1:40
ECAC Hammer Throw	2:00
ECAC 4x800 Relay – Trials	2:00
ECAC 4x400 Relay – Trials	2:20
IC4A Pole Vault	3:00
IC4A Long Jump	3:00
IC4A 4x100 – Trials	3:00
IC4A 1500 – Trials	3:20
IC4A 110 High Hurdle – Trials	3:30
IC4A 100 Meter Dash Trials	3:45
IC4A Discus Throw	4:00
IC4A 400 – Trials	4:00
IC4A 110 – Meter HH Trials	4:20
IC4A 100 Meter- Semis	4:30
IC4A 800 – Trials	4:45
IC4A 400 Intermediates – Trials	5:00
IC4A 200 – Trials	5:20
IC4A 4x800 – Trials	5:40
IC4A 4x400 – Trials	6:00

Sunday May 18th

IC4A Shot Put	9:00 AM
ECAC High Jump	10:00
IC4A Javelin Throw	10:30
ECAC Triple Jump (Inside Pit)	11:00
IC4A Triple Jump (Outside Pit)	11:00
ECAC Pole Vault	11:00
ECAC 4x100 Relay	12:15 PM
IC4A 4x100 Relay	12:20
ECAC 1500	12:25
IC4A High Jump	12:30
ECAC Shot Put	12:30
IC4A 1500	12:30
IC4A 110 High Hurdles	12:40
ECAC 100 Hurdles	12:50
ECAC 400	1:00
IC4A 400	1:05
ECAC 100	1:15
IC4A 100	1:20
ECAC 800	1:30
IC4A 800	1:35
ECAC 400 Hurdles	1:50
IC4A 400 Hurdles	2:00
ECAC 200	2:10
IC4A 200	2:15
ECAC 3000	2:25
ECAC 4x800 Relay	2:40
IC4A 4x800 Relay	2:50
ECAC 4x400 Relay	3:00
IC4A 4x400 Relay	3:05

Presentation of Awards to follow the last event