

2020 COCAA WESTERN CHAMPIONSHIPS
GIRLS ELIMINATIONS - RUSEAS
ORDER OF EVENTS

TIME	EVENT	# of Races
9:00	70mH Class IV	HEATS
	80mH Class III	HEATS
	100mH Class II	HEATS
	100mH Class I	HEATS
9:30	200M Class I	HEATS
	200M Class II	HEATS
	200M Class III	HEATS
	200M Class IV	HEATS
10:30	1500M Class I	HEATS
	1500M Class II	HEATS
	1500M Class III	HEATS
11:15	400M Class I	HEATS
	400M Class II	HEATS
	400M Class III	HEATS
12:30	100M Class I	HEATS
	100M Class II	HEATS
	100M Class III	HEATS
	100M Class IV	HEATS
1:15	LUNCH BREAK	
2:00	400mH OPEN	SEMI FINALS
2:10	200M Class I	SEMI FINALS
	200M Class II	SEMI FINALS
	200M Class III	SEMI FINALS
	200M Class IV	SEMI FINALS
2:35	800M Class I	HEATS
	800M Class II	HEATS
	800M Class III	HEATS
3:15	100M Class I	SEMI FINALS
	100M Class II	SEMI FINALS
	100M Class III	SEMI FINALS
	100M Class IV	SEMI FINALS
3:45	SPRINT MEDLY	SEMI FINALS
4:30	4 X 100M CLASS I	HEATS
	4 X 100M CLASS II	HEATS
	4 X 100M CLASS III	HEATS
	4 X 100M CLASS IV	HEATS
5:05	3000M OPEN	FINALS
5:30	4 X 400M OPEN	SEMI FINALS

TIME	EVENT	
10:00	Long Jump Class III	FINALS
10:00	Long Jump Class IV	FINALS
10:00	HIGH JUMP CLASS I	FINALS
10:00	HIGH JUMP CLASS II	FINALS
1:00	Long Jump Class I	FINALS
1:00	Long Jump Class II	FINALS
1:00	HIGH JUMP CLASS III	FINALS
1:00	HIGH JUMP CLASS IV	FINALS
TRIPLE JUMP OPEN TO BE DONE AT STETHS		

10:00	DISCUS CLASS I	FINALS
10:00	SHOT PUT CLASS II	FINALS
12:00	DISCUS CLASS III	
12:00	SHOT PUT CLASS I	FINALS
2:00	DISCUS CLASS II	FINALS
2:00	SHOT PUT CLASS III	FINALS
3:30	JAVELIN OPEN	FINALS

<u>NOTES FOR ADVANCING FROM ONE ROUND TO THE NEXT</u>	
<u>FIRST ROUND TO SEMIS - 100 & 200</u>	
* Less than 7 Heats - 1st two plus fastest losers - 16 advance to 2 Semi Finals	
* 7 - 10 Heats - 1st two plus fastest losers - 24 advance to 3 Semi Finals	
<u>ALL SEMIS OR HEATS TO FINALS</u>	
2 Semi Finals - Top 4 from each Semis	
3 Semi Finals - First 2 plus 2 fastest losers	
*** <i>Note 400m - 8 Fastest times will advance from Heats to FINALS</i>	
<u>LONG JUMP</u>	
3 Preliminary Jumps - top 8 to Finals, 3 additional Jumps.	
<u>THROWS</u>	
3 Preliminary Throws - top 8 to Finals, 3 additional Throws.	