



Men's & Women's Outdoor Track & Field Championships
Schedule *(updated 5/3/18)*

Meet Schedule (# of flights/sections/heats)

Friday, May 4th, 2018

9:45 a.m. National Anthem
10:00 a.m. Heptathlon
10:15 a.m. Decathlon
10:00 a.m. Hammer (Women) (2)
12:00 p.m. Pole Vault (Women) (1)
12:30 p.m. Hammer (Men) (2)
1:30 p.m. Long Jump (Men) (2)
3:00 p.m. Javelin (Women) (3)
3:30 p.m. Pole Vault (Men) (1)
4:00 p.m. Long Jump (Women) (2)
5:00 p.m. Javelin (Men) (3)

Women run 1st in all events during even years

2:30 p.m. 100/110 Meter Hurdles Trials (2/2)
3:00 p.m. 400 Meters Trials (3/4)
3:30 p.m. 100 Meter Trials (4/4)
4:00 p.m. 800 Meters Trials (3/3)
4:30 p.m. 400 Meter Hurdles Trials (2/2)
5:00 p.m. 200 Meters Trials (4/4)
7:15 p.m. 3,000 Steeplechase (1/1)
8:00 p.m. 10,000 Meters (1/1)

11:30 a.m. Coaches Meeting (Finish Line)

Heptathlon Events: 100 Hurdle (2), High Jump (1), Shot Put (1), 200 Meters (1)

Decathlon Events: 100 Meters (2), Long Jump (1), Shot Put (1), High Jump (1), 400 Meters (2)

Saturday, May 5th, 2018

9:15 a.m. National Anthem
9:30 a.m. Decathlon
10:00 a.m. Heptathlon
10:30 a.m. Shot (Women) (2)
11:00 a.m. Triple Jump (Women) (2)
11:00 a.m. High Jump (Men) (1)
12:30 p.m. Discus (Women) (2)
1:00 p.m. Shot (Men) (3)
2:00 p.m. High Jump (Women) (1)
2:00 p.m. Triple Jump (Men) (2)
4:00 p.m. Discus (Men) (2)

Women run 1st in all events during even years.

2:30 p.m. 4 x 100 Meter Relay (2/2)
2:45 p.m. 1500 Meters (3/3)
3:15 p.m. 100/100 Meter Hurdles Finals (1/1)
3:25 p.m. 400 Meters Finals (1/1)
3:40 p.m. 100 Meters Finals (1/1)
3:55 p.m. 800 Meters Finals (1/1)
4:10 p.m. 400 Meter Hurdles Finals (1/1)
4:25 p.m. 200 Meters Finals (1/1)
4:40 p.m. 5,000 Meters (1/1)
5:40 p.m. 4 x 400 Meter Relay (2/2)
6:00 p.m. Awards Ceremony

11:30 a.m. Coaches Meeting (Finish Line)

Pentathlon Events: Long Jump (1), Javelin (1), 800 Meters (1)

Decathlon Events: 110 Hurdles (3), Discus (1), Pole Vault (1), Javelin (1), 1500 Meters (1)