



Men's & Women's Outdoor Track & Field Championships
Finalized – Wednesday, 11:35AM

Friday, May 6

12:00 p.m. Heptathlon – (100HH, HJ, SP, 200)
12:15 p.m. Decathlon – (100, LJ, SP, HJ, 400)

Women run 1st in all events during even years

1:30 p.m. 100/110 Meter Hurdles & 100 Meter Dash Qualifying Rounds (if necessary)
2:30 p.m. 100/110 Meter Hurdles Trials
3:00 p.m. 400 Meters Trials
3:30 p.m. 100 Meter Trials
4:00 p.m. 800 Meters Trials
4:30 p.m. 400 Meter Hurdles Trials
5:00 p.m. 200 Meters Trials
5:30 p.m. 3,000 Steeplechase
6:15 p.m. 10,000 Meters

Saturday, May 7

9:00 a.m. Decathlon (110HH, Discus-north ring, PV, Jav, 1500)
9:30 a.m. Hammer (Women)
9:30 a.m. Javelin (Men)
9:30 a.m. Shot (Men)
11:00 a.m. Heptathlon (LJ, Jav, 800)
11:00 a.m. High Jump (Men)
12:00 p.m. Long Jump (Women)
12:00 p.m. Long Jump (Men)
12:15 p.m. Shot (Women)
12:15 p.m. Hammer (Men)
1:30 p.m. Pole Vault (Men)
2:00 p.m. High Jump (Women)
3:00 p.m. Triple Jump (Men)
3:00 p.m. Triple Jump (Women)
3:15 p.m. Javelin (Women)
3:15 p.m. Discus (Men) – South Ring
3:15 p.m. Discus (Women) – North Ring
4:00 p.m. Pole Vault (Women)

Women run 1st in all events during even years.

2:30 p.m. 4 x 100 Meter Relay
2:45 p.m. 1500 Meters
3:25 p.m. 100/100 Meter Hurdles Finals
3:35 p.m. 400 Meters Finals
3:50 p.m. 100 Meters Finals
4:05 p.m. 800 Meters Finals
4:20 p.m. 400 Meter Hurdles Finals
4:35 p.m. 200 Meters Finals
4:50 p.m. 5,000 Meters
5:50 p.m. 4 x 400 Meter Relay
6:30 p.m. Awards Ceremony