

Big Ten Outdoor Track and Field Championships

Hosted by: The Ohio State University

Day One - May 10, 2013

- 12:00 PM Decathlon 100-Meters
- 12:15 PM Heptathlon 100-Meter Hurdles
- 12:45 PM Decathlon Long Jump
- 12:50 PM Heptathlon High Jump
- 1:30 PM Men's Hammer Throw (trials and finals)
- 1:30 PM Women's Pole Vault (trials and finals)
- 2:00 PM Decathlon Shot Put
- 2:45 PM Decathlon High Jump
- 2:50 PM Heptathlon Shot Put
- 3:30 PM Women's Hammer Throw (trials and finals)
- 4:00 PM Heptathlon 200-Meters
- 5:00 PM Decathlon 400-Meters
- 8:30 PM Women's 10,000-Meters
- 9:15 PM Men's 10,000-Meters

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

Day Two - May 11, 2013

- 9:30 AM Decathlon 110-Meter Hurdles
- 10:10 AM Decathlon Discus
- 10:15 AM Heptathlon Long Jump
- 11:20 AM Decathlon Pole Vault
- 11:30 AM Heptathlon Javelin
- 1:15 PM Decathlon Javelin
- 1:20 PM Men's Long Jump (trials and finals)
- 1:45 PM Heptathlon 800-Meters
- 2:10 PM Women's 4x100-Meter Relay (trials)
- 2:15 PM Men's High Jump (trials and finals)
- 2:20 PM Men's 4x100-Meter Relay (trials)
- 2:30 PM Women's 1500-Meters (trials)
- 2:35 PM Men's Discus (trials and finals)
- 2:50 PM Men's 1500-Meters (trials)
- 3:10 PM Decathlon 1500-Meters
- 3:20 PM Women's 400-Meters (trials)
- 3:30 PM Women's Shot Put (trials and finals)
- 3:35 PM Men's 400-Meters (trials)
- 3:50 PM Women's 100-Meters (trials)
- 4:05 PM Men's 100-Meters (trials)
- 4:20 PM Women's 100-Meter Hurdles (trials)
- 4:35 PM Women's Long Jump (trials and finals)
- 4:35 PM Men's 110-Meter Hurdles (trials)
- 4:50 PM Women's 800-Meters (trials)
- 5:15 PM Men's 800-Meters (trials)
- 5:20 PM Women's Javelin (trials and finals)
- 5:25 PM Women's 200-Meters (trials)
- 5:40 PM Men's 200-Meters (trials)
- 5:55 PM Women's 400-Meter Hurdles (trials)
- 6:15 PM Men's 400-Meter Hurdles (trials)
- 6:30 PM Women's 3,000-Meters Steeplechase
- 6:45 PM Men's 3,000-Meters Steeplechase

Decathlon and Heptathlon times are approximate and times may be adjusted based on number of entries. Follow NCAA rule book.

Day Three - May 12, 2013

- 11:00 AM Women's Triple Jump (trials and finals)
- 11:00 AM Women's Discus (trials and finals)
- 12:00 PM Men's Pole Vault (trials and finals)
- 12:30 PM Men's Shot Put (trials and finals)
- 12:30 PM Women's High Jump (trials and finals)
- 12:45 PM Women's 4x100-Meter Relay (finals)
- 12:55 PM Men's 4x100-Meter Relay (finals)
- 1:05 PM Women's 1500-Meters (finals)
- 1:15 PM Men's 1500-Meters (finals)
- 1:25 PM Women's 100-Meter Hurdles (finals)
- 1:30 PM Men's Triple Jump (trials and finals)
- 1:30 PM Men's Javelin (trials and finals)
- 1:35 PM Men's 110-Meter Hurdles (finals)
- 1:40 PM Women's 400-Meters (finals)
- 1:45 PM Men's 400-Meters (finals)
- 1:50 PM Women's 100-Meters (finals)
- 1:55 PM Men's 100-Meters (finals)
- 2:03 PM Women's 800-Meters (finals)
- 2:08 PM Men's 800-Meters (finals)
- 2:18 PM Women's 400-Meter Hurdles (finals)
- 2:28 PM Men's 400-Meter Hurdles (finals)
- 2:35 PM Women's 200-Meters (finals)
- 2:42 PM Men's 200-Meters (finals)
- 2:49 PM Women's 5000-Meters (finals)
- 3:11 PM Men's 5000-Meters (finals)
- 3:33 PM *Women's 4x400-Meter Relay
- 3:45 PM *Men's 4x400-Meter Relay

* Sections if necessary



**OUTDOOR TRACK
AND FIELD
CHAMPIONSHIPS**