

OUTDOOR TRACK & FIELD CHAMPIONSHIP

Relative Time Schedule

First Day

11:00am	Decathlon 100-meters
11:15	Heptathlon 100-meter hurdles
11:45	Decathlon long jump
11:50	Heptathlon high jump
1:30pm	Men's Pole vault (trials and finals)**
2:00	Decathlon shot put
2:45	Decathlon high jump
2:50	Heptathlon shot put
4:00	Men's Hammer throw (trials and finals)
	Women's Hammer throw (trials and finals)
4:00	Heptathlon 200-meters
5:00	Decathlon 400-meters
9:00	Men's 10,000-meters
9:45	Women's 10,000-meters

Note: Women's Hammer to immediately follow Men's Hammer final.

* The host school shall provide lighting for the 10,000-meter race, which shall be at least sufficient enough to create a safe running environment (e.g. several mobile floodlights such as those used in parking lots, construction areas, etc. would be sufficient).

** The women's pole vault shall occur on the first day of the outdoor championships in odd years, while the men's pole vault shall occur on the first day of the outdoor championships in even years.

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

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Relative Time Schedule

Second Day

11:30 am	Decathlon 110-meter hurdles
12:10 pm	Decathlon discus
12:15	Heptathlon long jump
1:20	Decathlon pole vault
1:30	Heptathlon javelin
3:15	Decathlon javelin
3:20	Men's long jump (trials and finals)
3:45	Heptathlon 800-meters
4:10	Women's 4x100-meter relay (trials)
4:15	Men's high jump (trials and finals)
4:20	Men's 4x100-meter relay (trials)
4:30	Women's 1500-meters (trials)
4:35	Men's discus (trials and finals)
4:50	Men's 1500-meters (trials)
5:10	Decathlon 1500-meters
5:20	Women's 400-meters (trials)
5:30	Women's shot put (trials and finals)
5:35	Men's 400-meters (trials)
5:50	Women's 100-meters (trials)
6:05	Men's 100-meters (trials)
6:20	Women's 100-meter hurdles (trials)
6:35	Women's long jump (trials and finals)
6:35	Men's 110-meter hurdles (trials)
6:50	Women's 800-meters (trials)
7:15	Men's 800-meters (trials)
7:20	Women's javelin (trials and finals)
7:25	Women's 200-meters (trials)
7:40	Men's 200-meters (trials)
7:55	Women's 400-meter hurdles (trials)
8:15	Men's 400-meter hurdles (trials)
8:30	Men's 3,000-meters steeplechase
8:45	Women's 3,000-meters steeplechase

Note: Schedule moved back 2 hours to warmer part of the morning for Decathlon/Heptathlon athletes' welfare.

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Relative Time Schedule

Third Day

10:00 am	Men's javelin (trials and finals)
11:00	Women's triple jump (trials and finals)
12:45 pm	Women's 4x100-meter relay (finals)
12:55	Men's 4x100-meter relay (finals)
1:00	Women's high jump (trials and finals)
1:00	Women's pole vault (trials and finals)
1:05	Women's 1500-meters (finals)
1:15	Men's shot put (trials and finals)
1:15	Men's 1500-meters (finals)
1:25	Women's 100-meter hurdles (finals)
1:30	Men's triple jump (trials and finals)
1:30	Women's discus (trials and finals)
1:35	Men's 110-meter hurdles (finals)
1:40	Women's 400-meters (finals)
1:45	Men's 400-meters (finals)
1:50	Women's 100-meters (finals)
1:55	Men's 100-meters (finals)
2:03	Women's 800-meters (finals)
2:08	Men's 800-meters (finals)
2:18	Women's 400-meter hurdles (finals)
2:28	Men's 400-meter hurdles (finals)
2:35	Women's 200-meters (finals)
2:42	Men's 200-meters (finals)
2:49	Women's 5000-meters (finals)
3:11	Men's 5000-meters (finals)
3:33	Women's 4x400-meter relay (sections if necessary)
3:45	Men's 4x400-meter relay (sections if necessary)

Note: Rationale for changes to Sunday schedule: Women's Pole Vault moved due to facility capacity and to accommodate any changes in wind direction.

Men's and Women's Triple Jump - moved due to facility issues (both events must be contested out of the same pit)

Men's shot put - facility and safety issues.