



# 2023 MOUNTAIN WEST OUTDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE



## DAY ONE

9:30 a.m.	Men's Decathlon
9:50 a.m.	Women's Heptathlon
12:00 p.m.	Women's Hammer Throw (Finals)
2:15 p.m.	Men's Hammer Throw (Finals)
6:30 p.m.	Women's 800 Meters (Prelims)
6:30 p.m.	Women's Javelin (Finals)
6:50 p.m.	Men's 800 Meters (Prelims)
7:10 p.m.	Women's 200 Meters (Prelims)
7:35 p.m.	Men's 200 Meters (Prelims)
8:00 p.m.	Women's 400-Meter Hurdles (Prelims)
8:00 p.m.	Men's Javelin (Finals)
8:20 p.m.	Men's 400-Meter Hurdles (Prelims)
9:30 p.m.	Women's 10,000 Meters (Finals)
10:10 p.m.	Men's 10,000 Meters (Finals)

## DAY TWO

9:30 a.m.	Men's Decathlon
10:20 a.m.	Women's Heptathlon
4:00 p.m.	Men's Long Jump (Finals)
4:30 p.m.	Men's High Jump (Finals)
5:30 p.m.	Women's 100-Meter Hurdles (Prelims)
5:30 p.m.	Women's Shot Put (Finals)
5:35 p.m.	Women's Pole Vault (Finals)
5:45 p.m.	Men's 110-Meter Hurdles (Prelims)
6:10 p.m.	Women's 1,500 Meters (Prelims)
6:30 p.m.	Men's 1,500 Meters (Prelims)
6:35 p.m.	Women's Long Jump (Finals)
6:50 p.m.	Women's 400 Meters (Prelims)
7:15 p.m.	Men's 400 Meters (Prelims)
7:30 p.m.	Men's Shot Put (Finals)
7:40 p.m.	Women's 100 Meters (Prelims)
8:00 p.m.	Men's 100 Meters (Prelims)
8:20 p.m.	Women's 3,000-Meter Steeplechase (Finals)
8:40 p.m.	Men's 3,000-Meter Steeplechase (Finals)

## DAY THREE

1:00 p.m.	Women's Discus Throw (Finals)
3:00 p.m.	Women's Triple Jump (Finals)
3:15 p.m.	Men's Discus Throw (Finals)
3:30 p.m.	Women's High Jump (Finals)
5:30 p.m.	Men's Pole Vault (Finals)
5:35 p.m.	Women's 4x100 Meter Relay (Finals)
5:45 p.m.	Men's 4x100 Meter Relay (Finals)
5:55 p.m.	Women's 1,500 Meters (Finals)
6:05 p.m.	Men's 1,500 Meters (Finals)
6:15 p.m.	Women's 100-Meter Hurdles (Finals)
6:15 p.m.	Men's Triple Jump (Finals)
6:25 p.m.	Men's 110-Meter Hurdles (Finals)
6:35 p.m.	Women's 400 Meters (Finals)
6:45 p.m.	Men's 400 Meters (Finals)
6:55 p.m.	Women's 100 Meters (Finals)
7:05 p.m.	Men's 100 Meters (Finals)
7:15 p.m.	Women's 800 Meters (Finals)
7:25 p.m.	Men's 800 Meters (Finals)
7:35 p.m.	Women's 400-Meter Hurdles (Finals)
7:45 p.m.	Men's 400-Meter Hurdles (Finals)
7:55 p.m.	Women's 200 Meters (Finals)
8:05 p.m.	Men's 200 Meters (Finals)
8:15 p.m.	Women's 5,000 Meters (Finals)
8:35 p.m.	Men's 5,000 Meters (Finals)
9:00 p.m.	Women's 4x400 Meter Relay (Finals)
9:10 p.m.	Men's 4x400 Meter Relay (Finals)

Top 3 finishers will be given medals on the awards podium immediately following each event.