

## 2025 MOUNTAIN WEST OUTDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE



IIIUIJUAY. WAY IJ	Th	ursday,	Mav	15
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Titursuay, iviay	/ 13		Saturday, IV	iay 17
9:30 a.m.	Men's Decathlon		1:00 p.m.	Women's Dis
	100m		3:00 p.m.	Women's Tri
	Long Jump		3:15 p.m.	Men's Discu
	Shot Put		3:30 p.m.	Women's High
	High Jump		5:30 p.m.	Men's Pole \
	400m		5:35 p.m.	Women's 4x
9:50 a.m.	Women's Heptathlon		5:45 p.m.	Men's 4x10
	100m Hurdles		5:55 p.m.	Women's 1,
	High Jump		6:05 p.m.	Men's 1,500
	Shot Put		6:15 p.m.	Women's 10
	200m		6:15 p.m.	Men's Triple
11 a.m.	Women's Hammer Throw	Final	6:25 p.m.	Men's 110m
1:15 p.m.	Men's Hammer Throw	Final	6:35 p.m.	Women's 40
5:30 p.m.	Women's 800m	Prelim	6:45 p.m.	Men's 400m
5:30 p.m.	Women's Javelin	Final	6:55 p.m.	Women's 10
5:50 p.m.	Men's 800m	Prelim	7:05 p.m.	Men's 100m
6:10 p.m.	Women's 200m	Prelim	7:15 p.m.	Women's 80
6:35 p.m.	Men's 200m	Prelim	7:25 p.m.	Men's 800m
7:00 p.m.	Women's 400m Hurdles	Prelim	7:35 p.m.	Women's 40
7:00 p.m.	Men's Javelin	Final	7:45 p.m.	Men's 400m
7:20 p.m.	Men's 400m Hurdles	Prelim	7:55 p.m.	Women's 20
8:00 p.m.	Women's 10,000m	Final	8:05 p.m.	Men's 200m
8:40 p.m.	Men's 10,000m	Final	8:15 p.m.	Women's 5,0
			8:35 p.m.	Men's 5,000
Friday, May 10	6		9:00 p.m.	Women's 4x

i iluay, iviay	10
9:30 a.m.	Men's Decathlon
	110mHurdles
	Discus
	Pole Vault
	Javelin
	1,500m
10 20	Waman'a Hantathi

10:20 a.m. Women's Heptathlon

Long Jump Javelin 800m

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4:00 p.m.	Men's Long Jump	Final
4:30 p.m.	Men's High Jump	Final
5:30 p.m.	Women's 100m Hurdles	Prelim
5:30 p.m.	Women's Shot Put	Final
5:35 p.m.	Women's Pole Vault	Final
5:45 p.m.	Men's 110mHurdles	Prelim
6:10 p.m.	Women's 1,500m	Prelim
6:30 p.m.	Men's 1,500m	Prelim
6:35 p.m.	Women's Long Jump	Final
6:50 p.m.	Women's 400m	Prelim
7:15 p.m.	Men's 400m	Prelim
7:30 p.m.	Men's Shot Put	Final
7:40 p.m.	Women's 100m	Prelim
8:00 p.m.	Men's 100m	Prelim
8:20 p.m.	Women's 3,000m Steeplechase	Final
8:40 p.m.	Men's 3,000m Steeplechase	Final

## Saturday, May 17

1:00 p.m.	Women's Discus	Final
3:00 p.m.	Women's Triple Jump	Final
3:15 p.m.	Men's Discus	Final
3:30 p.m.	Women's High Jump	Final
5:30 p.m.	Men's Pole Vault	Final
5:35 p.m.	Women's 4x100m Relay	Final
5:45 p.m.	Men's 4x100m Relay	Final
5:55 p.m.	Women's 1,500m	Final
6:05 p.m.	Men's 1,500m	Final
6:15 p.m.	Women's 100m Hurdles	Final
6:15 p.m.	Men's Triple Jump	Final
6:25 p.m.	Men's 110m Hurdles	Final
6:35 p.m.	Women's 400m	Final
6:45 p.m.	Men's 400m	Final
6:55 p.m.	Women's 100m	Final
7:05 p.m.	Men's 100m	Final
7:15 p.m.	Women's 800m	Final
7:25 p.m.	Men's 800m	Final
7:35 p.m.	Women's 400m Hurdles	Final
7:45 p.m.	Men's 400m Hurdles	Final
7:55 p.m.	Women's 200m	Final
8:05 p.m.	Men's 200m	Final
8:15 p.m.	Women's 5,000m	Final
8:35 p.m.	Men's 5,000m	Final
9:00 p.m.	Women's 4x400m Relay	Final
9:10 p.m.	Men's 4x400m Relay	Final

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