

Appendix D – Outdoor Time Schedule

OUTDOOR TRACK AND FIELD CHAMPIONSHIPS SCHEDULE WEDNESDAY

Decathlon Day 1

1:30	Men's Decathlon 100m
2:15	Men's Decathlon Long Jump
3:30	Men's Decathlon Shot Put
4:35	Men's Decathlon High Jump
7:00	Men's Decathlon 400m

Heptathlon Day 1

2:00	Women's Heptathlon 100H
2:45	Women's Heptathlon High Jump
4:25	Women's Heptathlon Shot Put
5:25	Women's Heptathlon 200m

THURSDAY

Decathlon Day 2

9:00	Men's Decathlon 110H
9:45	Men's Decathlon Discus Throw
11:10	Men's Decathlon Pole Vault
2:10	Men's Decathlon Javelin Throw
3:10	Men's Decathlon 1500m

Heptathlon Day 2

9:30	Women's Heptathlon Long Jump
10:50	Women's Heptathlon Javelin Throw
12:00	Women's Heptathlon 800m

Field Events

2:30	Men's Hammer
2:30	Men's Long Jump
2:30	Men's Pole Vault
3:00	Women's Javelin
4:30	Women's Hammer
5:00	Men's High Jump
5:00	Men's Javelin

***1:30 Coaches Meeting in Press Box

Running Events – National Anthem

2:30	Women's 4x100m Relay Prelim
2:45	Men's 4x100m Relay Prelim
3:00	Women's 1500m Prelim
3:15	Men's 1500m Prelim
3:30	Women's 100m Hurdle Prelim
3:40	Men's 110m Hurdle Prelim
3:55	Women's 400m Prelim
4:10	Men's 400m Prelim
4:25	Women's 100m Prelim
4:40	Men's 100m Prelim
4:55	Women's 800m Prelim
5:15	Men's 800m Prelim
5:35	Women's 400m Hurdle Prelim
5:50	Men's 400m Hurdle Prelim
6:10	Women's 200m Prelim
6:20	Men's 200m Prelim
6:40	Women's 3000 Steeple Final
7:00	Men's 3000 Steeple Final
7:15	Women's 10,000m Final
5:30	Women's Long Jump
8:00	Men's 10,000m Final

FRIDAY

Field Events

11:00	Men's Shot Put (Inside Ring)
	Women's Discus (Outside Ring)
	Men's Triple Jump
	Women's High Jump
1:00	Women's Shot Put (Inside Ring)
	Men's Discus (Outside Ring)
	Women's Triple Jump
	Women's Pole Vault

12:05 National Anthem

Running Events

12:10	Women's 4x100m Relay Final
12:15	Men's 4x100m Relay Final
12:25	Women's 1500m Final
12:35	Men's 1500m Final
12:45	Women's 100m Hurdle Final
12:55	Men's 110m Hurdle Final
1:00	Women's 400m Final
1:05	Men's 400m Final
1:10	Women's 100m Final
1:15	Men's 100m Final
1:20	Women's 800m Final
1:25	Men's 800m Final
1:35	Women's 400m Hurdle Final
1:40	Men's 400m Hurdle Final
1:50	Women's 200m Final
1:55	Men's 200m Final
2:00	Women's 5000m Final*
2:50	Men's 5000m Final*
3:30	Women's 4x400m Relay Final
3:40	Men's 4x400m Relay Final

* If 18 or fewer for 5000m, one heat will be run and 20 minutes subtracted from the schedule – rest of meet will be adjusted accordingly.

NOTE: In year's where GVSU hosts outdoor track and lacrosse, championships will start at 10 am for field events and 11 am for running events