



2019 Conference Outdoor Championships Schedule of Events

DAY ONE – FRIDAY, MAY 10

Combined Events

11:00 A.M.	Decathlon: 100 Meters	Men
11:30 A.M.	Heptathlon: 100 Meter Hurdles	Women
11:45 A.M.	Decathlon: Long Jump (2 pits)	Men
12:15 P.M.	Heptathlon: High Jump (2 pits)	Women
12:45 P.M.	Decathlon: Shot Put (2 pits)	Men
2:00 P.M.	Decathlon: High Jump (2 pits)	Men
2:15 P.M.	Heptathlon: Shot Put (2 pits)	Women
2:30 P.M.	Heptathlon: 200 Meters	Women
3:45 P.M.	Decathlon: 400 Meters	Men

Field Events

12:00 P.M.	Hammer (lower field)	Women
2:30 P.M.	Hammer (lower field)	Men
5:00 P.M.	Javelin (lower field weather permitting)	Women
7:30 P.M.	Javelin (lower field weather permitting)	Men

Running Events

8:15 P.M.	10,000 Meters (Finals)	Women
9:00 P.M.	10,000 Meters (Finals)	Men

DAY TWO – SATURDAY, MAY 11

Combined Events

10:00 A.M.	Decathlon: 110 Hurdles	Men
11:00 A.M.	Heptathlon: Long Jump (2 pits)	Women
11:00 A.M.	Decathlon: Discus	Men
12:15 P.M.	Heptathlon: Javelin	Women
12:30 P.M.	Decathlon: Pole Vault (2 pits)	Men
1:30 P.M.	Heptathlon: 800 Meters	Women
3:00 P.M.	Decathlon: Javelin	Men
4:30 P.M.	Decathlon: 1500 Meters	Men

Field Events

3:00 P.M.	High Jump	Men
3:00 P.M.	Long Jump	Women
4:00 P.M.	Shot Put	Men
6:00 P.M.	Pole Vault	Women
6:00 P.M.	Long Jump	Men
6:30 P.M.	Shot Put	Women

Running Events

4:00 P.M.	1500 Meters	Women- Prelims
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Running Events- Continued

4:20 P.M.	1500 Meters	Men- Prelims
4:40 P.M.	100 Meter Hurdles	Women- Prelims
4:55 P.M.	110 Meter Hurdles	Men- Prelims
5:10 P.M.	400 Meters	Women- Prelims
5:25 P.M.	400 Meters	Men- Prelims
5:40 P.M.	100 Meters	Women- Prelims
5:55 P.M.	100 Meters	Men- Prelims
6:10 P.M.	800 Meters	Women- Prelims
6:25 P.M.	800 Meters	Men- Prelims
6:45 P.M.	400 Meter Hurdles	Women- Prelims
7:00 P.M.	400 Meter Hurdles	Men- Prelims
7:15 P.M.	200 Meters	Women- Prelims
7:30 P.M.	200 Meters	Men- Prelims
7:45 P.M.	3000 Meter Steeplechase	Women- Finals
8:00 P.M.	3000 Meter Steeplechase	Men- Finals

DAY THREE – SUNDAY MAY 12

Field Events

2:30 P.M.	High Jump	Women
3:00 P.M.	Discus	Women
3:30 P.M.	Triple Jump	Women
5:30 P.M.	Pole Vault	Men
6:00 P.M.	Discus	Men
6:30 P.M.	Triple Jump	Men

Running Events

5:00 P.M.	4x100 Meter Relay	Women- Finals
5:10 P.M.	4x100 Meter Relay	Men- Finals
5:20 P.M.	1500 Meters	Women- Finals
5:30 P.M.	1500 Meters	Men- Finals
5:45 P.M.	100 Meter Hurdles	Women- Finals
5:55 P.M.	110 Meter Hurdles	Men- Finals
6:05 P.M.	400 Meters	Women- Finals
6:15 P.M.	400 Meters	Men- Finals
6:25 P.M.	100 Meters	Women- Finals
6:35 P.M.	100 Meters	Men- Finals
6:45 P.M.	800 Meters	Women- Finals
6:55 P.M.	800 Meters	Men- Finals
7:10 P.M.	400 Meter Hurdles	Women- Finals
7:20 P.M.	400 Meter Hurdles	Men- Finals
7:30 P.M.	200 Meters	Women- Finals
7:40 P.M.	200 Meters	Men- Finals
7:50 P.M.	5000 Meters	Women- Finals
8:15 P.M.	5000 Meters	Men- Finals
8:35 P.M.	4x400 Meter Relay	Women- Finals
8:45 P.M.	4x400 Meter Relay	Men- Finals
9:00 P.M.	Team Championships Presentation	