



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 |
|-----------|-------------|----------------|

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 | |