



# ATLANTIC 10 OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

MAY 6-7, 2023

University of Massachusetts

FINAL

## MULTI-EVENTS

*All start times beyond first event each day are approximate until announced during competition. All throws are in the infield.*

### SATURDAY

#### DECATHLON

10:30AM	100M
11:05AM	LJ
12:05PM	Shot
1:05PM	HJ
2:35PM	400M

#### HEPTATHLON

10:15AM	100MHH
10:45AM	HJ
12:15PM	Shot
1:20PM	200M

### SUNDAY

#### DECATHLON

9:15AM	110HH
9:40AM	Discus
11:00AM	PV
1:00PM	JAV
2:15PM	1500M

#### HEPTATHLON

10:15AM	LJ
11:15AM	JAV
12:15PM	800M

## FIELD EVENTS

### SATURDAY

10:30AM	W HAMMER (Throws)
12:30PM	W POLE VAULT
12:45PM	M HAMMER (Throws)
1:00PM	M LONG JUMP
2:00PM	W HIGH JUMP
2:15PM	W JAVELIN (Throws)
3:00PM	M POLE VAULT
3:00PM	W LONG JUMP
3:45PM	M JAVELIN (Throws)
3:45PM	M HIGH JUMP

### SUNDAY

10:30AM	M DISCUS (Throws)
10:30AM	W SHOT (Throws)
10:30AM	W TRIPLE JUMP
1:00PM	M SHOT (Throws)
1:00PM	W DISCUS (Throws)
1:00PM	M TRIPLE JUMP

## TRACK EVENTS

### SATURDAY

8:45AM	W 10,000M
9:30AM	M 10,000M
2:00PM	W 100M H TRIALS
2:15PM	M 110M H TRIALS
2:30PM	W 400M TRIALS
2:45PM	M 400M TRIALS
3:00PM	W 100M TRIALS
3:15PM	M 100M TRIALS
3:30PM	W 800M TRIALS
3:45PM	M 800M TRIALS
4:00PM	W 400M H TRIALS
4:15PM	M 400M H TRIALS
4:30PM	W 200M TRIALS
4:45PM	M 200M TRIALS
5:05PM	W 3K STEEPLE
5:30PM	M 3K STEEPLE

### SUNDAY

11:00AM	W 4 X 100M
11:10AM	M 4 X 100M
11:20AM	W 1500M
11:35AM	M 1500M
11:45AM	W 100M H
12:00PM	M 110M H
12:10PM	W 400M
12:20PM	M 400M
12:30PM	W 100M
12:35PM	M 100M
12:45PM	W 800M
12:50PM	M 800M
1:00PM	W 400M H
1:10PM	M 400M H
1:20PM	W 200M
1:25PM	M 200M
1:35PM	W 5000M
2:00PM	M 5000M
2:25PM	W 4 X 800M
2:40PM	M 4 X 800M
2:55PM	W 4 X 400M
3:10PM	M 4 X 400M