

**Conference Carolinas
2025 Men's & Women's Outdoor Track & Field Championships
MEET SCHEDULE**

The Games Committee may alter the order of events if the constraints of the facility require such a change to ensure the safety of athletes, coaches, and spectators. The following is a list of events in the order in which they are to be contested:

Thursday, April 24

Multi Events

<u>Time</u>	<u>Event</u>
3:00pm	Men's Decathlon (100m, LJ, SP, HJ, 400m)
3:15pm	Women's Heptathlon (100H, HJ, SP, 200m)

Field Events

<u>Time</u>	<u>Event</u>	
3:00pm	Men's Hammer	Final
5:00pm	Women's Hammer	Final

Track Events

<u>Time</u>	<u>Event</u>	
5:55pm	National Anthem	
6:15pm	Men's 1,500m	Prelims
6:30pm	Women's 200m	Prelims
6:45pm	Men's 200m	Prelims
7:00pm	Women's 10,000m	Final
7:45pm	Men's 10,000m	Final

Friday, April 25

Multi Events

<u>Time</u>	<u>Event</u>
11:00am	Men's Decathlon (110H, DT, PV, JT, 1500m)
11:15am	Women's Heptathlon (LJ, JT, 800m)

Field Events

<u>Time</u>	<u>Event</u>	
1:00pm	Men's Long Jump	Final
1:00pm	Women's Long Jump	Final
1:00pm	Men's Discus	Final
3:30pm	Men's High Jump	Final
3:30pm	Women's High Jump	Final
3:00pm	Women's Discus	Final
5:00pm	Men's Pole Vault	Final

Track Events

<u>Time</u>	<u>Event</u>	
1:55 pm	National Anthem	
2:00pm	Women's 100m Hurdles	Prelims
2:15pm	Men's 110m Hurdles	Prelims
2:30pm	Women's 800m	Prelims
3:00pm	Men's 800m	Prelims
3:15pm	Women's 100m	Prelims
3:30pm	Men's 100m	Prelims
3:45pm	Women's 400m	Prelims
4:00pm	Men's 400m	Prelims
4:15pm	Women's 400m Hurdles	Prelims
4:30pm	Men's 400m Hurdles	Prelims
4:45pm	Women's 3k Steeple	Final
5:00pm	Men's 3k Steeple	Final

Saturday, April 26

Field Events

<u>Time</u>	<u>Event</u>	
10:00am	Women's Javelin	Final
10:00am	Men's Shot Put	Final
10:00am	Men's Triple Jump	Final
11:00am	Women's Pole Vault	Final
12:30pm	Men's Javelin	Final
12:30pm	Women's Triple Jump	Final
12:30pm	Women's Shot Put	Final

Track Events

<u>Time</u>	<u>Event</u>	
10:55am	National Anthem	
11:00am	Women's 4x100m Relay	Final
11:05am	Men's 4x100m Relay	Final
11:15am	Women's 1,500m	Final
11:25am	Men's 1,500m	Final
11:40am	Women's 100m Hurdles	Final
11:50am	Men's 110m Hurdles	Final
12:00pm	Women's 400m	Final
12:05pm	Men's 400m	Final
12:15pm	Women's 100m	Final
12:20pm	Men's 100m	Final
12:30pm	Women's 800m	Final
12:45pm	Men's 800m	Final
12:55pm	Women's 400m Hurdles	Final
1:00pm	Men's 400m Hurdles	Final
1:10pm	Women's 200m	Final
1:15pm	Men's 200m	Final
1:25pm	Women's 5,000m	Final
1:45pm	Men's 5,000m	Final
2:10pm	Women's 4x400m Relay	Final
2:20pm	Men's 4x400m Relay	Final
3:00pm	Awards Ceremony	