

# 2025 ODAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Tentative Schedule of Events - (Men followed by Women)

Eastern Mennonite University - April 25-26

## Day 1 - Friday, April 25

### ***FIELD EVENTS***

<u>Time</u>	<u>Event</u>	<u>Section</u>
10:00-11:30	Implement Weigh-In	
11:55AM	National Anthem	
12:00PM	High Jump – Women	Final
	Long Jump – Men	Final
	Hammer – Women	Final
	Shot Put - Men	Final
2:30PM	High Jump – Men	Final
	Long Jump – Women	Final
	Hammer – Men	Final
	Shot Put - Women	Final
5:00PM	Javelin - Men	Final

### ***TRACK EVENTS***

<u>Time</u>	<u>Event</u>	<u>Section</u>
4:00PM	3k Steeple – Men	Final
4:40PM	3k Steeple – Women	Final
5:05PM	110m Hurdles – Men	Prelims
5:20PM	100m Hurdles – Women	Prelims
5:35PM	400m – Men	Prelims
5:45PM	400m – Women	Prelims
5:55PM	100m – Men	Prelims
6:05PM	100m – Women	Prelims
6:20PM	400m Hurdles – Men	Prelims
6:35PM	400m Hurdles – Women	Prelims
6:50PM	200m – Men	Prelims
7:00PM	200m – Women	Prelims
7:10PM	10,000m – Men	Final
7:55PM	10,000m – Women	Final

## Day 2 - Saturday, April 26

### ***FIELD EVENTS***

<u>Time</u>	<u>Event</u>	<u>Section</u>
8:30-10AM	Implement Weigh-In	
9:55AM	National Anthem	
10:00AM	Javelin – Women	Final
	Triple Jump – Men	Final
	Pole Vault-Women	Final
12:00PM	Discus-Men	Final
12:30PM	Triple Jump – Women	Final
12:30PM	Pole Vault - Men	Final
2:00PM	Discus – Women	Final

### ***TRACK EVENTS***

<u>Time</u>	<u>Event</u>	<u>Section</u>
2:00PM	4x100 Relay – Men	Final
2:10PM	4x100 Relay – Women	Final
2:20PM	1,500m – Men	Final
2:35PM	1,500m – Women	Final
2:50PM	110m Hurdles – Men	Final
3:00PM	100m Hurdles - Women	Final
3:10PM	400m – Men	Final
3:15PM	400m – Women	Final
3:20PM	100m – Men	Final
3:25PM	100m – Women	Final
3:30PM	800m – Men	Final
3:45PM	800m – Women	Final
4:05PM	400m Hurdles – Men	Final
4:15PM	400m Hurdles – Women	Final
4:25PM	200m – Men	Final
4:30PM	200m – Women	Final
4:35PM	5,000m – Men	Final
5:00PM	5,000m – Women	Final
5:25PM	4x400 Relay – Men	Final
5:35PM	4x400 Relay – Women	Final
6:00PM	Awards Ceremony	