



2019 C-USA OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Hosted By: Charlotte

Irwin Belk Track & Field Center

May 9-12, 2019

Thursday, May 9

2:45 PM	Heptathlon	Day 1
3:15 PM	Decathlon	Day 1

Friday, May 10

2:00 PM	Hammer-Women	Final
2:45 PM	Decathlon	Day 2
4:30 PM	Hammer-Men	Final
4:30 PM	Heptathlon	Day 2
7:15 PM	800 Meters-Heptathlon	Day 2
8:00 PM	10,000 Meters-Women	Final
8:45 PM	1500 Meters-Decathlon	Day 2
9:00 PM	10,000 Meters-Men	Final

Saturday, May 11

Field Events

9:00 AM	Discus-Women	Final
9:00 AM	Long Jump-Men	Final
9:30 AM	Pole Vault-Women	Final
11:30 AM	Long Jump-Women	Final
11:30 AM	Discus-Men	Final
12:30 PM	High Jump-Men	Final

Running Events

10:00 AM	1500 Meters-Women	Prelims
10:15 AM	1500 Meters-Men	Prelims
10:30 AM	100 Hurdles-Women	Prelims
10:45 AM	110 Hurdles-Men	Prelims
11:00 AM	400 Meters-Women	Prelims
11:15 AM	400 Meters-Men	Prelims
11:35 AM	100 Meters-Women	Prelims
11:45 AM	100 Meters-Men	Prelims
12:00 PM	800 Meters-Women	Prelims
12:10 PM	800 Meters-Men	Prelims
12:30 PM	400 Hurdles-Women	Prelims
12:40 PM	400 Hurdles-Men	Prelims
12:55 PM	200 Meters-Women	Prelims
1:10 PM	200 Meters-Men	Prelims
1:30 PM	3000 Steeple-Women	Final
1:45 PM	3000 Steeple-Men	Final

Sunday, May 12

Field Events

1:00 PM	Shot Put-Women	Final
1:00 PM	Triple Jump-Men	Final
1:30 PM	Pole Vault-Men	Final
2:30 PM	Javelin-Women	Final
3:30 PM	Triple Jump-Women	Final
3:30 PM	Shot Put-Men	Final
4:30 PM	High Jump-Women	Final
5:00 PM	Javelin-Men	Final

Running Events

4:00 PM	4x100 Relay-Women	Final
4:05 PM	4x100 Relay-Men	Final
4:15 PM	1500 Meters-Women	Final
4:25 PM	1500 Meters-Men	Final
4:35 PM	100 Hurdles-Women	Final
4:40 PM	110 Hurdles-Men	Final
4:50 PM	400 Meters-Women	Final
4:55 PM	400 Meters-Men	Final
5:05 PM	100 Meters-Women	Final
5:10 PM	100 Meters-Men	Final
5:20 PM	800 Meters-Women	Final
5:25 PM	800 Meters-Men	Final
5:35 PM	400 Hurdles-Women	Final
5:40 PM	400 Hurdles-Men	Final
5:50 PM	200 Meters-Women	Final
5:55 PM	200 Meters-Men	Final
6:05 PM	5,000 Meters-Women	Final
6:25 PM	5,000 Meters-Men	Final
6:50 PM	4x400 Relay-Women	Final
7:00 PM	4x400 Relay-Men	Final