

2014 MAC Outdoor Track & Field Championship
May 1-3, 2014 | Widener University

Meet Schedule - Day 1

DAY	TIME	EVENT	NOTES
Thursday	10:30 a.m.	Check-in & Registration	Check-in Shed at Finish Line
Thursday	11 a.m.	Implement Inspection	Tunnel beneath stadium
Thursday	12:30 p.m.	Men's Decathlon	100, Long Jump, Shot Put, High Jump, 400 ⁷
Thursday	1:30 p.m.	Women's Heptathlon	100 Hurdles, High Jump, Shot Put, 200
Thursday	5:30 p.m.	Women's 4x800 Meter Relay	Finals
Thursday	5:45 p.m.	Men's 4x800 Meter Relay	Finals
Thursday	6 p.m.	Women's 10,000 Meter Run	Finals
Thursday	During W 10K	4x800 Relay Awards Presentation	
Thursday	6:45 p.m.	Men's 10,000 Meter Run	Finals
Thursday	8 p.m.	Men's Lacrosse Game	Commonwealth Conference Championship
Saturday		10K Awards Presentation	

Meet Schedule - Day 2

DAY	TIME	EVENT	NOTES
Friday	9:30 a.m.	Implement Inspection	Tunnel beneath stadium
Friday	9:30 a.m.	Coaches & Officials Meeting	Hospitality Room (mezzanine of stadium)
Friday	10 a.m.	Men's Decathlon	110 Hurdles, Discus, Pole Vault, Javelin, 1500
Friday	10:15 a.m.	Women's Heptathlon	Long Jump, Javelin, 800
Friday	11 a.m.	Men's High Jump	Finals
Friday	11:45 a.m.	Men's 3,000 Meter Steeplechase	Finals
Friday	12 p.m.	Women's 3,000 Meter Steeplechase	Finals
Friday	12 p.m.	Men's Hammer Throw	Trials / Finals
Friday	12 p.m.	Women's Shot Put	Trials / Finals
Friday	12:20 p.m.	Men's 4x100 Meter Relay	Trials
Friday	12:30 p.m.	Women's Triple Jump	Trials / Finals
Friday	12:35 p.m.	Women's 4x100 Meter Relay	Trials
Friday	12:50 p.m.	Men's 110 Meter Hurdles	Trials
Friday	1:10 p.m.	Women's 100 Meter Hurdles	Trials
Friday	1:30 p.m.	Men's 400 Meter Dash	Trials
Friday	1:50 p.m.	Women's 400 Meter Dash	Trials
Friday	2:00 p.m.	Women's High Jump	Finals
Friday	2:20 p.m.	Men's 100 Meter Dash	Trials
Friday	2:30 p.m.	Men's Triple Jump	Trials / Finals
Friday	2:30 p.m.	Men's Shot Put	Trials / Finals
Friday	2:30 p.m.	Women's Hammer	Trials / Finals
Friday	2:40 p.m.	Women's 100 Meter Dash	Trials
Friday	3:10 p.m.	Men's 800 Meter Run	Trials
Friday	3:30 p.m.	Women's 800 Meter Run	Trials
Friday	3:50 p.m.	Men's 400 Meter Hurdles	Trials
Friday	4:10 p.m.	Women's 400 Meter Hurdles	Trials
Friday	4:30 p.m.	Men's 200 Meter Dash	Trials
Friday	4:50 p.m.	Women's 200 Meter Dash	Trials
Friday	5:45 p.m.	Coaches Meeting	Wyman Faculty Dining Rm (University Ctr)

⁷ Following each event in the decathlon/heptathlon, there will be a minimum of 30 minutes break before the next event.

2014 MAC Outdoor Track & Field Championship
May 1-3, 2014 | Widener University

Meet Schedule - Day 3

DAY	TIME	EVENT	NOTES
Saturday	8:30 a.m.	Implement Inspection	Tunnel beneath stadium
Saturday	10 a.m.	Men's Long Jump	Trials / Finals
Saturday	10 a.m.	Women's Discus	Trials / Finals
Saturday	11:30 a.m.	Women's Long Jump	Trials / Finals
Saturday	11:45 a.m.	Men's Discus	Trials / Finals
Saturday	12 p.m.	Men's Pole Vault	Finals
Saturday	12:45 p.m.	Alumni Recognition	Awards Podium
Saturday	1 p.m.	Women's 4x100 Relay	Finals
Saturday	1:10 p.m.	Men's 4x100 Relay	Finals
Saturday	1:20 p.m.	Women's 1500 Meter	Finals
Saturday	1:30 p.m.	Women's Javelin	Trials / Finals
Saturday	1:35 p.m.	Men's 1500 Meter	Finals
Saturday	1:50 p.m.	Women's 100 Meter Hurdles	Finals
Saturday	2 p.m.	Men's 110 Meter Hurdles	Finals
Saturday	2:10 p.m.	Women's 400 Meter	Finals
Saturday	2:20 p.m.	Men's 400 Meter	Finals
Saturday	2:30 p.m.	Women's Pole Vault	Finals
Saturday	2:30 p.m.	Women's 100 Meter	Finals
Saturday	2:40 p.m.	Men's 100 Meter	Finals
Saturday	2:50 p.m.	Women's 800 Meter	Finals
Saturday	3 p.m.	Men's 800 Meter	Finals
Saturday	3 p.m.	Men's Javelin	Trials / Finals
Saturday	3:10 p.m.	Women's 400 Meter Hurdles	Finals
Saturday	3:20 p.m.	Men's 400 Meter Hurdles	Finals
Saturday	3:30 p.m.	Women's 200 Meter	Finals
Saturday	3:40 p.m.	Men's 200 Meter	Finals
Saturday	3:50 p.m.	Women's 5000 Meter	Finals
Saturday	4:15 p.m.	Men's 5000 Meter	Finals
Saturday	4:35 p.m.	Women's 4x400 Relay	Finals
Saturday	4:50 p.m.	Men's 4x400 Relay	Finals
Saturday	5 p.m.	Coaches Awards Meeting	
Saturday	5:20 p.m.	Awards Presentation	