

## 2018 MAC Outdoor Track and Field Schedule

### THURSDAY, MAY 10

#### Decathlon

10:00 AM	100m	10:45 AM	100m Hurdles
10:45 AM	Long Jump	11:30 AM	High Jump
To Follow LJ	Shot Put	To Follow HJ	Shot Put
To Follow SP	High Jump	To Follow SP	200m
To Follow HJ	400m		

#### Heptathlon

#### Field Events

10:00 AM	W Hammer Trials/Finals
12:30 PM	M Hammer Trials/Finals
2:30 PM	W Javelin Trials/Finals
4:00 PM	M Pole Vault Trials/Finals
5:00 PM	M Javelin Trials/Finals

#### Running Events

4:25 PM	National Anthem
4:30 PM	W 1500m Trials
4:50 PM	M 1500m Trials
5:05 PM	W 400m Hurdles Trials
5:25 PM	M 400m Hurdles Trials
5:40 PM	W 200m Trials
6:00 PM	M 200m Trials
6:15 PM	W 10,000m Final
7:00 PM	M 10,000m Final

### SATURDAY, MAY 12

#### Field Events

11:00 AM	W Discus Trials/Finals
11:00 AM	W High Jump Trials/Finals
11:00 AM	M Triple Jump Trials/Finals
1:45 PM	M Discus Trials/Finals
1:30 PM	W Triple Jump Trials/Finals
2:00 PM	M High Jump Trials/Finals

#### Running Events – All Finals

11:50 AM	National Anthem
12:00 PM	W 4x100m Relay
12:10 PM	M 4x100m Relay
12:25 PM	W 1500m
12:35 PM	M 1500m
12:45 PM	W 100m Hurdles
1:00 PM	M 110m Hurdles
1:10 PM	W 400m
1:20 PM	M 400m
1:30 PM	W 100m
1:40 PM	M 100m
1:50 PM	W 800m
2:00 PM	M 800m
2:15 PM	W 400m Hurdles
2:30 PM	M 400m Hurdles
2:45 PM	W 200m
2:55 PM	M 200m
3:05 PM	W 5000m
3:25 PM	M 5000m
3:45 PM	W 4x400 Relay
4:00 PM	M 4x400 Relay
4:20 PM	Awards Ceremony

### FRIDAY, MAY 11

#### Decathlon

10:30 AM	110m Hurdles	11:00 AM	Long Jump
11:15 AM	Discus	To Follow LJ	Javelin
To Follow DT	Pole Vault (back)	To Follow JT	800m
To Follow PV	Javelin		
To Follow JT	1500m		

#### Heptathlon

#### Field Events

12:30 PM	W Shot Put Trials/Finals
12:30 PM	W Long Jump Trials/Finals
2:30 PM	W Pole Vault (South)
3:00 PM	M Shot Put Trials/Finals
3:00 PM	M Long Jump Trials/Finals

#### Running Events

12:50 PM	National Anthem
1:00 PM	W 100m Hurdles Trials
1:20 PM	M 110 Hurdles Trials
1:40 PM	W 400m Trials
2:00 PM	M 400m Trials
2:20 PM	W 100m Trials
2:40 PM	M 100m Trials
3:00 PM	W 800m Trials
3:20 PM	M 800m Trials
3:40 PM	W 3000m Steeplechase Final
4:00 PM	M 3000m Steeplechase Final

