

## 2025 MVC Outdoor Track & Field Championships Schedule of Events

**Saturday, May 17-Sunday, May 18, 2025**

Saturday, May 17				Sunday, May 18			
Time	Combined Events	Gender	Event	Time	Combined Events	Gender	Event
9:30 AM	Decathlon	M	100M Dash	9:00 AM	Decathlon	M	110M Hurdles
10:15 AM	Decathlon	M	Long Jump	9:45 AM	Decathlon	M	Discus Throw
11:45 AM	Decathlon	M	Shot Put	11:00 AM	Decathlon	M	Pole Vault
1:00 PM	Decathlon	M	High Jump	1:45 PM	Decathlon	M	Javelin
3:55 PM	Decathlon	M	400M Dash	4:40 PM	Decathlon	M	1500M Run
10:00 AM	Heptathlon	W	100M Hurdles	9:00 AM	Heptathlon	W	Long Jump
10:45 AM	Heptathlon	W	High Jump	12:00 PM	Heptathlon	W	Javelin
2:30 PM	Heptathlon	W	Shot Put	3:10 PM	Heptathlon	W	800M Run
4:35 PM	Heptathlon	W	200M Dash				
Time	Field Events	Gender	Event	Time	Field Events	Gender	Event
10:00 AM	Discus Throw	W	TRIALS & FINALS	10:30 AM	High Jump	W	TRIALS & FINALS
12:00 PM	Discus Throw	M	TRIALS & FINALS	11:00 AM	Hammer Throw	M	TRIALS & FINALS
12:00 PM	Pole Vault	W	TRIALS & FINALS	11:00 AM	Triple Jump	M	TRIALS & FINALS
2:30 PM	Long Jump	W	TRIALS & FINALS	11:00 AM	Shot Put	W	TRIALS & FINALS
3:00 PM	Javelin	W	TRIALS & FINALS	2:00 PM	Triple Jump	W	TRIALS & FINALS
4:00 PM	Pole Vault	M	TRIALS & FINALS	2:00 PM	High Jump	M	TRIALS & FINALS
5:00 PM	Javelin	M	TRIALS & FINALS	2:00 PM	Shot Put	M	TRIALS & FINALS
5:30 PM	Long Jump	M	TRIALS & FINALS	2:00 PM	Hammer Throw	W	TRIALS & FINALS
Time	Running Events	Gender	Event	Time	Running Events	Gender	Event
8:00 AM	10,000M Run	M	Finals	9:00 AM	Decathlon	M	110M Hurdles
8:45 AM	10,000M Run	W	Finals	1:05 PM	* National Anthem		
9:30 AM	Decathlon	M	100M Dash	1:15 PM	4x100 Relay	M	Finals
10:00 AM	Heptathlon	W	100M Hurdles	1:25 PM	4x100 Relay	W	Finals
2:30 PM	1500M Run	M	Prelims	1:35 PM	1500M Run	M	Finals
2:55 PM	1500M Run	W	Prelims	1:45 PM	1500M Run	W	Finals
3:35 PM	110M Hurdles	M	Prelims	2:05 PM	110M Hurdle	M	Finals
3:45 PM	110M Hurdles	W	Prelims	2:15 PM	100M Hurdle	W	Finals
3:55 PM	Decathlon	M	400M Dash	2:25 PM	400M Dash	M	Finals
4:05 PM	400M Dash	M	Prelims	2:35 PM	400M Dash	W	Finals
4:20 PM	400M Dash	W	Prelims	2:45 PM	100M Dash	M	Finals
4:35 PM	Heptathlon	W	200M Dash	2:50 PM	100M Dash	W	Finals
4:45 PM	100M Dash	M	Prelims	2:55 PM	800M Run	M	Finals
4:55 PM	100M Dash	W	Prelims	3:00 PM	800M Run	W	Finals
5:10 PM	800M Run	M	Prelims	3:10 PM	Heptathlon	W	800M Run
5:35 PM	800M Run	W	Prelims	3:20 PM	400M Hurdles	M	Finals
5:55 PM	400M Hurdles	M	Prelims	3:25 PM	400M Hurdles	W	Finals
6:05 PM	400M Hurdles	W	Prelims	3:35 PM	200M Dash	M	Finals
6:15 PM	3000M Steeplechase	M	Finals	3:40 PM	200M Dash	W	Finals
6:35 PM	3000M Steeplechase	W	Finals	3:50 PM	5000M Run	M	Finals
6:50 PM	200M Dash	M	Prelims	4:15 PM	5000M Run	W	Finals
7:00 PM	200M Dash	W	Prelims	4:40 PM	Decathlon	M	1500M Run
7:15 PM	10,000M Run	M	Finals (Alternate)	4:55 PM	** 4x400 Relay	M	Finals
8:00 PM	10,000M Run	W	Finals (Alternate)	5:10 PM	** 4x400 Relay	W	Finals
				5:40 PM	Awards Ceremony		

\* If either 4 x 100 Meter Relay becomes a two-heat final, the event will be conducted as a slow section followed by a fast section and the schedule (including National Anthem) will be adjusted 5 minutes earlier.

\*\* If either 4 x 400 Meter Relay becomes a two-heat final, the event will be conducted as a slow section followed by a fast section and the remaining schedule and awards presentation will be adjusted 5 minutes later.