

Southland Conference
2019 Outdoor Track and Field Championship Schedule
Northwestern State University

Awards presented immediately after completion of each event

<i>Friday, May 3</i>				3:05 p.m.	400M	Women	Trials
<u>RUNNING EVENTS</u>				3:25 p.m.	400M	Men	Trials
7:30 a.m.	10,000m	Women	Finals	3:45 p.m.	100M	Women	Trials
8:10 a.m.	10,000m	Men	Finals	4:05 p.m.	100M	Men	Trials
<u>COMBINED EVENTS</u>				4:25 p.m.	800M	Women	Trials
9:30 a.m.	100M		Men	4:40 p.m.	800M	Men	Trials
	Long Jump		Men	4:55 p.m.	400M Hurdles	Women	Trials
	Shot Put		Men	5:20 p.m.	400M Hurdles	Men	Trials
	High Jump		Men	5:40 p.m.	200M	Women	Trials
	400M		Men	6:05 p.m.	200M	Men	Trials
10:30 a.m.	100M Hurdles		Women	6:30 p.m.	3000M SC	Women	Finals
	High Jump		Women	6:50 p.m.	3000M SC	Men	Finals
	Shot Put		Women	<i>Sunday, May 5</i>			
	200M		Women	<u>FIELD EVENTS</u>			
<u>FIELD EVENTS</u>				10:00 a.m.	Discus	Women	Finals
10:00 a.m.	Hammer	Men	Finals	10:00 a.m.	High Jump	Men	Finals
1:00 p.m.	Long Jump	Men	Finals	11:00 a.m.	Pole Vault	Men	Finals
1:30 p.m.	Hammer	Women	Finals	12:30 p.m.	Discus	Men	Finals
3:30 p.m.	Long Jump	Women	Finals	12:30 p.m.	High Jump	Women	Finals
4:00 p.m.	Pole Vault	Women	Finals	<u>RUNNING EVENTS</u>			
4:30 p.m.	Javelin	Women	Finals	12:00 p.m.	4x100m Relay	Women	Finals
<i>Saturday, May 4</i>				12:10 p.m.	4x100m Relay	Men	Finals
<u>COMBINED EVENTS</u>				12:20 p.m.	1500M	Women	Finals
9:00 a.m.	110m Hurdles		Men	12:30 p.m.	1500M	Men	Finals
	Discus		Men	12:40 p.m.	100M Hurdles	Women	Finals
	Pole Vault		Men	12:50 p.m.	110M Hurdles	Men	Finals
	Javelin		Men	1:00 p.m.	400M	Women	Finals
	1500m		Men	1:10 p.m.	400M	Men	Finals
10:00 a.m.	Long Jump		Women	1:20 p.m.	100M	Women	Finals
	Javelin		Women	1:30 p.m.	100M	Men	Finals
	800m		Women	1:40 p.m.	800M	Women	Finals
<u>FIELD EVENTS</u>				1:50 p.m.	800M	Men	Finals
3:00 p.m.	Shot	Women	Finals	2:00 p.m.	400M Hurdles	Women	Finals
3:00 p.m.	Triple Jump	Men	Finals	2:10 p.m.	400M Hurdles	Men	Finals
4:00 p.m.	Javelin	Men	Finals	2:20 p.m.	200M	Women	Finals
5:00 p.m.	Triple Jump	Women	Finals	2:30 p.m.	200M	Men	Finals
5:00 p.m.	Shot	Men	Finals	2:40 p.m.	5000M	Women	Finals
<u>RUNNING EVENTS</u>				3:05 p.m.	5000M	Men	Finals
2:00 p.m.	1500M	Women	Trials	3:25 p.m.	4x400M Relay	Women	Finals
2:15 p.m.	1500M	Men	Trials	3:35 p.m.	4x400M Relay	Men	Finals
2:30 p.m.	100M Hurdles	Women	Trials				
2:50 p.m.	110M Hurdles	Men	Trials				