

MIAA Outdoor Track & Field Championships
Schedule of Events
(Tentative – Subject to adjustment due to field size in each event)

Friday, May 1st

2:00PM	Decathlon (100, Long Jump, Shot Put, High Jump, 400)
2:30PM	Heptathlon (100 Hurdle, High Jump, Shot Put, 200)

Saturday, May 2nd

10:00AM	Decathlon (110 Hurdle, Discus, Pole Vault, Javelin, 1500)
10:30AM	Heptathlon (Long Jump, Javelin, 800)

Field Events (all events final):

1:00PM	Discus – Men
2:00PM	Long Jump – Women
2:30PM	Pole Vault – Women
3:00PM	Discus – Women
4:00PM	Long Jump – Men
5:00PM	Hammer – Men
5:30PM	Pole Vault – Men

Track Events (all events prelims, except 10,000 M):

3:30PM	100 M Hurdles – Women
3:50PM	110 M Hurdles – Men
4:10PM	400 M – Women
4:25PM	400 M – Men
4:40PM	100 M – Women
4:55PM	100 M – Men
5:10PM	800 M – Women

5:30PM	800 M – Men
5:50PM	400 M Hurdles – Women
6:05PM	400 M Hurdles – Men
6:20PM	200 M – Women
6:35PM	200 M – Men
6:50PM	10,000 M – Women - Final
7:35PM	10,000 M – Men – Final

Sunday, May 3rd – All Events Final

Field Events:

11:00AM	Javelin – Men
11:00AM	Shot Put – Women
11:00AM	Triple Jump – Men
11:00AM	High Jump – Women
1:00PM	Javelin – Women
1:00PM	Shot Put – Men
1:00PM	Triple Jump – Women
1:00PM	High Jump – Men
2:00PM	Hammer – Women

Track Events:

11:30AM	4 x 100 M Relay – Women
11:40AM	4 x 100 M Relay – Men
11:50AM	3000 M Steeplechase – Women
12:20PM	3000 M Steeplechase – Men
12:50PM	1500 M – Women

1:05PM	1500 M – Men
1:20PM	100 M Hurdles – Women
1:30PM	110 M Hurdles – Men
1:40PM	400 M – Women
1:50PM	400 M – Men
2:00PM	100 M – Women
2:10PM	100 M – Men
2:20PM	800 M – Women
2:30PM	800 M – Men
2:40PM	400 M Hurdles – Women
2:50PM	400 M Hurdles – Men
3:00PM	200 M – Women
3:10PM	200 M – Men
3:20PM	5000 M – Women
3:50PM	5000 M – Men
4:15PM	4 x 400 M Relay – Women
4:30PM	4 x 400 M Relay – Men