

2023 MIAA Outdoor Championships Schedule
Hosted by Lincoln University
Dwight T. Reed Stadium

Friday, May 5, 2023

Start Times

2:00 - Men's 100m Dash – Decathlon
2:40 - Men's Long Jump – Decathlon (1 pit)
3:50* - Men's Shot Put – Decathlon
4:25* - Men's HJ – Decathlon (1 pit)
6:30* - Men's 400m – Decathlon
1:30 – Women's 100m Hurdles – Heptathlon
2:20* – Women's HJ – Heptathlon (1pit)
4:30* – Women's Shot Put – Heptathlon
5:40* – Women's 200m – Heptathlon

**Approximate Start Times*

Saturday, May 6, 2023

Start Times

10:00 - Men's 110m HH – Decathlon
10:45* - Men's Discus – Decathlon
11:45* - Men's PV – Decathlon
2:15* - Men's Javelin – Decathlon
3:20* – Men's 1500m – Decathlon
10:30 – Women's Long Jump – Heptathlon
11:40* – Women's Javelin – Heptathlon
12:50* - Women's 800m – Heptathlon
12:00 – Men's Hammer
2:15 – Women's Hammer
4:15 – Men's Javelin (HS)
6:15 – Women's Javelin (HS)
3:00 – Women's Long Jump
6:00 – Men's Long Jump
3:00 – Men's Pole Vault
6:30 – Women's Pole Vault

Running Events

4:30 – Men's 110m Hurdles (Prelim)
4:55 – Women's 100m Hurdles (Prelim)
5:10 – Men's 400m (Prelim)
5:25 – Women's 400m (Prelim)
5:40 – Men's 100m (Prelim)
5:55 – Women's 100m (Prelim)
6:10 – Men's 800m (Prelim)
6:30 – Women's 800m (Prelim)
6:55 – Men's 400m Hurdles (Prelim)
7:10 – Women's 400m Hurdles (Prelim)
7:25 – Men's 3,000m Steeplechase (Final)
7:40 – Women's 3000m Steeplechase (Final)
7:55 – Men's 200m (Prelim)
8:05 – Women's 200m (Prelim)
8:15 – Men's 10,000m (Final)
8:50 – Women's 10,000m (Final)

Sunday, May 7, 2023

Field Events

10:30 – Men's Discus
11:30 – Women's Shot Put
12:00 – Women's Triple Jump
12:00 – Men's High Jump
2:00 – Men's Shot Put
2:30 – Men's Triple Jump
3:00 – Women's High Jump
3:00 – Women's Discus

Running Events

All events are finals

1:30 – Men's 4x100m Relay
1:40 – Women's 4x100m Relay
Break per MIAA Voting
2:10 – Men's 1500m
2:20 – Women's 1500m
2:30 – Men's 110m Hurdles
2:40 – Women's 100m Hurdles
2:50 – Men's 400m
2:55 – Women's 400m
3:05 – Men's 100m
3:15 – Women's 100m
3:25 – Men's 800m
3:35 – Women's 800m
3:45 – Men's 400m Hurdles
3:55 – Women's 400m Hurdles
4:05 – Men's 200m
4:10 – Women's 200m
4:20 – Men's 5,000m
4:40 – Women's 5,000m
5:00 – Men's 4x400m Relay
5:15 – Women's 4x400m Relay

