



2024 MIAA Outdoor Track & Field Championships
Hosted by Northwest Missouri State University
Maryville, MO



Friday, May 3, 2024

1:50 – National Anthem
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

Saturday, May 4, 2024

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

Field Events

12:00 – Men's Hammer
2:15 – Women's Hammer
4:15 – Men's Discus
6:15 – Women's Discus
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

4:15 – National Anthem
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 10,000 (Final)

Sunday, May 5, 2024

Field Events

11:15 – Men's Javelin
12:00 – Women's Triple Jump
12:00 – Men's High Jump
1:30 – Women's Javelin
3:00 – Women's High Jump
2:30 – Men's Triple Jump
3:00 – Women's Shot Put
3:00 – Men's Shot Put

Running Events

All events are finals

1:15 – National Anthem
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