



# 2025 MIAA Outdoor Championships Schedule

May 2-4

Emporia State University

Fran Welch Stadium, Zola Witten Track



## Friday, May 2, 2025

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 3, 2025

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 – Women's Hammer  
2:15 – Men's Hammer  
4:15 – Women's Discus  
6:15 – Men's Discus  
3:00 – Women's Long Jump (west pit)  
6:00 – Men's Long Jump (west pit)  
3:00 – Women's Pole Vault

### Running Events

4:15 – National Anthem  
4:30 – Women's 100m Hurdles (Prelim)  
4:55 – Men's 110m Hurdles (Prelim)  
5:10 – Women's 400m (Prelim)  
5:25 – Men's 400m (Prelim)  
5:40 – Women's 100m (Prelim)  
5:55 – Men's 100m (Prelim)  
6:10 – Women's 800m (Prelim)  
6:30 – Men's 800m (Prelim)  
6:55 – Women's 400m Hurdles (Prelim)  
7:10 – Men's 400m Hurdles (Prelim)  
7:25 – Women's 3,000m Steeplechase (Final)  
7:40 – Men's 3000m Steeplechase (Final)  
7:55 – Women's 200m (Prelim)  
8:05 – Men's 200m (Prelim)  
8:15 – Women's 10,000m (Final)  
9:00 – Men's 10,000 (Final)

## Sunday, May 4, 2025

### Field Events

11:15 – Women's Javelin  
12:00 – Women's Triple Jump (west runway)  
12:00 – Women's High Jump  
12:00 – Men's Pole Vault  
1:30 – Men's Javelin  
3:00 – Men's High Jump  
2:30 – Men's Triple Jump (west runway)  
3:00 – Women's Shot Put (west ring)  
3:00 – Men's Shot Put (east ring)

### Running Events

#### *All events are finals*

1:15 – National Anthem  
1:30 – Women's 4x100m Relay  
1:40 – Men's 4x100m Relay

#### *Break per MIAA Voting*

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

**Live Results: <https://www.blacksquirreltiming.com>**