



2016 SOUTHWESTERN ATHLETIC CONFERENCE
OUTDOOR TRACK AND FIELD CHAMPIONSHIPS
Louis Crews Stadium ~ Alabama A&M University, Host
Friday-Sunday, May 6-8, 2016



Friday, May 6

Start	Event	
8:30 am	Javelin – Men	Trials and Finals
8:30 am	10,000 Meters Women	Finals
9:30 am	10,000 Meters Men	Finals
10:30 am	Decathlon Day 1 (100 Meters, Long Jump, Shot Put, High Jump, 400 Meters)	
11:00 am	Heptathlon Day 1 (100 Meter Hurdles, High Jump, Shot Put, 200 Meters)	
12:30 pm	Hammer Throw – Women	Trials and Finals
2:00 pm	Pole Vault – Women	Trials and Finals
2:30 pm	Hammer Throw – Men	Trials and Finals

Saturday, May 7

Start	Event	
8:00 am	Decathlon Day 2 (110-Meter Hurdles, Discus, Pole Vault, Javelin, 1,500 Meter Run)	
8:30 am	Heptathlon Day 2 (Long Jump, Javelin, 800 meter run)	
12:00 pm	Shot Put – Women	Trials and Finals
	Long Jump – Women	Trials and Finals
2:30 pm	Long Jump – Men	Trials and Finals
	Shot Put – Men	Trials and Finals
	Javelin – Women	Trials and Finals
3:00 pm	110 Meter Hurdles – Men	Trials
3:10 pm	100 Meter Hurdles – Women	Trials
3:30 pm	400 Meter Dash – Women	Trials
3:40 pm	400 Meter Dash – Men	Trials
3:50 pm	100 Meter Dash – Women	Trials
4:00 pm	100 Meter Dash – Men	Trials
4:10 pm	800 Meter Run – Women	Trials
4:25 pm	800 Meter Run – Men	Trials
4:40 pm	400 Meter Hurdles – Women	Trials
5:00 pm	400 Meter Hurdles – Men	Trials
5:15 pm	200 Meter Dash	Trials
5:25 pm	200 Meter Dash	Trials
5:40 pm	3000 Meter Steeplechase – Women	Finals
6:00 pm	3000 Meter Steeplechase – Men	Finals

Sunday, May 8

Start	Event	
9:00 am	Discus – Women	Trials and Finals
	Triple Jump – Women	Trials and Finals
	High Jump – Men	Trials and Finals
9:30 am	Pole Vault – Men	Trials and Finals
11:30 am	Discus – Men	Trials and Finals
	Triple Jump – Men	Trials and Finals
	High Jump – Women	Trials and Finals
1:00 pm	400 Meter Relay – Women	Finals
1:10 pm	400 Meter Relay – Men	Finals
1:20 pm	1,500 Meter Run - Women	Finals
1:30 pm	1,500 Meter Run – Men	Finals
1:40 pm	100 Meter Hurdles – Women	Finals
1:50 pm	110 Meter Hurdles – Men	Finals
2:00 pm	400 Meter Dash – Women	Finals
2:05 pm	400 Meter Dash – Men	Finals
2:10 pm	100 Meter Dash – Women	Finals
2:15 pm	100 Meter Dash – Men	Finals
2:20 pm	800 Meter Run – Women	Finals
2:25 pm	800 Meter Run – Men	Finals
2:30 pm	400 Meter Hurdles – Women	Finals
2:40 pm	400 Meter Hurdles – Men	Finals
2:45 pm	200 Meter Dash – Women	Finals
2:50 pm	200 Meter Dash – Men	Finals
2:55 pm	5000 Meter Run – Women	Finals
3:15 pm	5000 Meter Run – Men	Finals
3:50 pm	1600 Meter Relay – Women	Finals
4:00 pm	1600 Meter Relay – Men	Finals