

2025 SOUTHWESTERN ATHLETIC CONFERENCE

OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

Sunday-Tuesday, May 11th-13th, 2025

Sunday, May 11th

Start

9:30 a.m.

Multi-Events

Decathlon Day 1

100 Meters, Long Jump, Shot Put, High Jump, 400 Meters

Start

10:00 a.m.

Heptathlon Day 1

100 Meter Hurdles, High Jump, Shot Put, 200 Meters

Start

12:00 PM

2:45 PM

4:30 PM

5:00 PM

5:00 PM

6:30 PM

Field Events

Hammer Throw

Hammer Throw

Javelin

Long Jump

Long Jump

Javelin

Women's **Final**

Men's **Final**

Women's **Final**

Women's **Finals**

Men's **Finals**

Men's **Final**

Start

6:00 PM

6:10 PM

6:20 PM

6:35 PM

6:50 PM

7:00 PM

8:20 PM

9:05 PM

Running Events

200 Meter Dash

200 Meter Dash

400 Meter Hurdles

400 Meter Hurdles

1500 Meter

1500 Meter

10,000 Meters

10,000 Meters

Women's Prelims

Men's Prelims

Women's Prelims

Men's Prelims

Women's Prelims

Men's Prelims

Women's **Final**

Men's **Final**

Monday, May 12th

Start

9:30 a.m.

Multi-Events

Decathlon Day 2

110 Meter Hurdles, Discus Throw, Pole Vault, Javelin, 1500 Meters

Start

9:30 a.m.

Heptathlon Day 2

Long Jump, Javelin, 800 Meter Run

Start

11:00 AM

4:30 PM

5:30 PM

5:30 PM

Field Events

Shot Put

Shot Put

Pole Vault

High Jump

Women's **Final**

Men's **Finals**

Women's **Finals**

Women's **Final**

Start

6:00 PM

6:15 PM

6:30 PM

6:45 PM

7:00 PM

7:15 PM

7:30 PM

7:45 PM

8:00 PM

8:25 PM

Running Events

100 Meter Hurdles

110 Meter Hurdles

400 Meter Dash

400 Meter Dash

100 Meter Dash

100 Meter Dash

800 Meter Dash

800 Meter Dash

3K Steeplechase

3K Steeplechase

Women's Prelims

Men's Prelims

Women's Prelims

Men's Prelims

Women's Prelims

Men's Prelims

Women's Prelims

Men's Prelims

Women's **Final**

Men's **Final**



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Sunday-Tuesday, May 11th-13th, 2025

Tuesday, May 13th

Start

10:00 AM
10:00 PM
2:00 PM
2:00 PM
2:00 PM
5:00 PM

Field Events

Discus
Pole Vault
Discus
Triple Jump
Triple Jump
High Jump

Men's **Final**
Men's **Final**
Women's **Finals**
Men's **Final**
Women's **Final**
Men's **Final**

Start

5:00 PM
5:05 PM
5:15 PM
5:25 PM
5:40 PM
5:45 PM
5:55 PM
6:00 PM
6:10 PM
6:15 PM
6:25 PM
6:30 PM
6:40 PM
6:45 PM
6:55 PM
7:00 PM
7:10 PM
7:30 PM
7:55 PM
8:00 PM

Running Events

4x100 Meter Relay
4x100 Meter Relay
1500 Meter Run
1500 Meter Run
100 Meter Hurdles
110 Meter Hurdles
400 Meter Dash
400 Meter Dash
100 Meter Dash
100 Meter Dash
800 Meter Run
800 Meter Run
400 Meter Hurdles
400 Meter Hurdles
200 Meter Dash
200 Meter Dash
5000 Meter Run
5000 Meter Run
4x400 Meter Relay
4x400 Meter Relay

Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**
Women's **Final**
Men's **Final**

*Hammer and discus for both men and women will be conducted outside the main competition oval.

***Men's and Women's Final Awards presentation will take place immediately following the event final**

