



# 2022 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 12-14, 2022

Tulsa, Okla. // ONEOK Sports Complex

Hosted by Oral Roberts University

## THURSDAY, MAY 12

\*National Anthem to be played at the beginning of each day

### Track Events

8 a.m.	10,000 Meter Run	Women's Final
8:45 a.m.	10,000 Meter Run	Men's Final

### Heptathlon/Decathlon

10 a.m.	100 Meter Dash Long Jump Shot Put High Jump 400-Meter Dash	Men's Decathlon
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10:30 a.m.	100 Meter Hurdles High Jump Shot Put 200 Meter Dash	Women's Heptathlon
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### Field Events

11 a.m.	Hammer Throw	Women's Trials & Final
1 p.m.	Hammer Throw	Men's Trials & Final
3 p.m.	Javelin Throw	Women's Trials & Final
5 p.m.	Javelin Throw	Men's Trials & Final

## FRIDAY, MAY 13

### Heptathlon/Decathlon

2 p.m.	110 Meter Hurdles Discus Throw Pole Vault Javelin Throw	Men's Decathlon
2:30 p.m.	Long Jump Javelin Throw	Women's Heptathlon

### Field Events

2 p.m.	High Jump	Women's Trials & Final
4 p.m.	Discus Throw Long Jump Long Jump	Women's Trials & Final Women's Trials & Final Men's Trials & Final
6 p.m.	Shot Put	Men's Trials & Final

### Track Events

4:30 p.m.	100 Meter Hurdles	Women's Trials
4:40 p.m.	110 Meter Hurdles	Men's Trials
4:50 p.m.	400 Meter Dash	Women's Trials
5 p.m.	400 Meter Dash	Men's Trials
5:10 p.m.	100 Meter Dash	Women's Trials
5:20 p.m.	100 Meter Dash	Men's Trials
5:30 p.m.	800 Meter Run	Women's Trials

5:40 p.m.	800 Meter Run	Men's Trials
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5:50 p.m.	Awards Ceremony	
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6:05 p.m.	400 Meter Hurdles	Women's Trials
6:15 p.m.	400 Meter Hurdles	Men's Trials
6:25 p.m.	200 Meter Dash	Women's Trials
6:35 p.m.	200 Meter Dash	Men's Trials
6:45 p.m.	3,000 Meter Steeplechase	Women's Final
7 p.m.	3,000 Meter Steeplechase	Men's Final

7:30 p.m.	800 Meter Run	Women's Heptathlon
7:40 p.m.	1,500 Meter Run	Men's Decathlon

## SATURDAY, MAY 14

### Field Events

10 a.m.	Discus	Men's Trials & Final
11 a.m.	Pole Vault Shot Put Triple Jump	Women's Trials & Final Women's Trials & Final Women's Trials & Final
11:30 a.m.	High Jump	Men's Trials & Final
1 p.m.	Pole Vault Triple Jump	Men's Trials & Final Men's Trials & Final

### Track Events

12:20 p.m.	4x100 Meter Relay	Women's Final
12:25 p.m.	4x100 Meter Relay	Men's Final
12:35 p.m.	1,500 Meter Run	Women's Final
12:50 p.m.	1,500 Meter Run	Men's Final
1:05 p.m.	100 Meter Hurdles	Women's Final
1:15 p.m.	110 Meter Hurdles	Men's Final
1:20 p.m.	400 Meter Dash	Women's Final
1:25 p.m.	400 Meter Dash	Men's Final
1:30 p.m.	100 Meter Dash	Women's Final
1:35 p.m.	100 Meter Dash	Men's Final

1:40 p.m.	Awards Ceremony	
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1:55 p.m.	800 Meter Run	Women's Final
2 p.m.	800 Meter Run	Men's Final
2:05 p.m.	400 Meter Hurdles	Women's Final
2:15 p.m.	400 Meter Hurdles	Men's Final
2:20 p.m.	200 Meter Dash	Women's Final
2:25 p.m.	200 Meter Dash	Men's Final
2:30 p.m.	5,000 Meter Run	Women's Final
2:55 p.m.	5,000 Meter Run	Men's Final
3:15 p.m.	4x400 Meter Relay	Women's Final
3:25 p.m.	4x400 Meter Relay	Men's Final

3:30 p.m.	Awards Ceremony	
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\*All other individual awards will be given out at the conclusion of each event

(All times Central)

\*Subject to change

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