



# 2024 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 9-11, 2024

St. Paul, M.N. | O'Shaughnessy Stadium

Hosted by the University of St. Thomas

## THURSDAY, MAY 9

*\*National Anthem to be played prior to Heptathlon*

### Heptathlon/Decathlon

10 a.m.	100 Meter Hurdles	Women's Heptathlon
10:45 a.m.	High Jump	
1:15 p.m.	Shot Put	
2:15 p.m.	200 Meter Dash	

10:30 a.m.	100 Meter Dash	Men's Decathlon
11:05 a.m.	Long Jump	
12:10 p.m.	Shot Put	
1:45 p.m.	High Jump	
4 p.m.	400-Meter Dash	

### Field Events

11 a.m.	Hammer Throw	Women's Trials & Final
2 p.m.	Hammer Throw	Men's Trials & Final
4 p.m.	Javelin Throw#	Women's Trials & Final
5 p.m.	Pole Vault	Women's Trials and Final
	Long Jump	Men's Trials and Finals
6 p.m.	High Jump	Women's Trials and Finals
	Javelin Throw#	Men's Trials & Final

### Track Events

7 p.m.	10,000 Meter Run	Women's Final
7:45 p.m.	10,000 Meter Run	Men's Final

## FRIDAY, MAY 10

### Heptathlon/Decathlon

9:45 a.m.	110 Meter Hurdles	Men's Decathlon
10:30 a.m.	Discus Throw	
12 p.m.	Pole Vault	
3:45 p.m.	Javelin Throw#	
5:15 p.m.	1,500 Meter Run	

10:30 a.m.	Long Jump	Women's Heptathlon
12:30 p.m.	Javelin Throw#	
2:15 p.m.	800 Meter Run	

### Field Events

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

*\*National Anthem to be played prior to 110 meter hurdles*

### Track Events

6 p.m.	100 Meter Hurdles	Women's Trials
6:10 p.m.	110 Meter Hurdles	Men's Trials
6:20 p.m.	400 Meter Dash	Women's Trials

6:30 p.m.	400 Meter Dash	Men's Trials
6:40 p.m.	100 Meter Dash	Women's Trials
6:50 p.m.	100 Meter Dash	Men's Trials
7:00 p.m.	800 Meter Run	Women's Trials
7:10 p.m.	800 Meter Run	Men's Trials

7:20 p.m. Individual Awards Ceremony

7:35 p.m.	400 Meter Hurdles	Women's Trials
7:45 p.m.	400 Meter Hurdles	Women's Trials
7:55 p.m.	200 Meter Dash	Women's Trials
8:05 p.m.	200 Meter Dash	Men's Trials
8:15 p.m.	3,000 Meter Steeplechase	Women's Final
8:30 p.m.	3,000 Meter Steeplechase	Men's Final

## SATURDAY, MAY 11

### Field Events

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

*\*National Anthem to be played prior to 4x100 meter relay*

### Track Events

1 p.m.	4x100 Meter Relay	Women's Final
1:05 p.m.	4x100 Meter Relay	Men's Final
1:15 p.m.	1,500 Meter Run	Women's Final
1:30 p.m.	1,500 Meter Run	Men's Final
1:45 p.m.	100 Meter Hurdles	Women's Final
1:55 p.m.	110 Meter Hurdles	Men's Final
2 p.m.	400 Meter Dash	Women's Final
2:05 p.m.	400 Meter Dash	Men's Final
2:10 p.m.	100 Meter Dash	Women's Final
2:15 p.m.	100 Meter Dash	Men's Final

2:20 p.m. Individual Awards Ceremony

2:35 p.m.	800 Meter Run	Women's Final
2:40 p.m.	800 Meter Run	Men's Final
2:45 p.m.	400 Meter Hurdles	Women's Final
2:55 p.m.	400 Meter Hurdles	Men's Final
3 p.m.	200 Meter Dash	Women's Final
3:05 p.m.	200 Meter Dash	Men's Final
3:10 p.m.	5,000 Meter Run	Women's Final
3:35 p.m.	5,000 Meter Run	Men's Final
3:55 p.m.	4x400 Meter Relay	Women's Final
4:05 p.m.	4x400 Meter Relay	Men's Final

4:20 p.m. Team Awards Ceremony

#Javelin throw to be hosted at the University of Minnesota Track and Field Stadium

**(ALL TIMES CENTRAL)**

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*\*Individual awards will be given out at the conclusion of each event when possible or during the award ceremony times listed.*

Watch all events on the Summit League Network ([summitleaguenetwork.tv](http://summitleaguenetwork.tv)).