



# 2013 HEPTAGONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS



## SATURDAY, MAY 4

### Field Events

10:00 am	Women's Hammer Throw Finals
12:00 pm	Women's Long Jump Finals
12:00 pm	Women's Pole Vault Finals
12:30 pm	Men's Hammer Throw Finals
2:00 pm	Women's Javelin Throw Finals
2:30 pm	Men's Long Jump Finals
3:00 pm	Men's Pole Vault Finals
4:00 pm	Men's Javelin Throw Finals

### Running Events

11:00 am	Men's Decathlon 100m Dash
11:30 am	Women's Heptathlon 100m Hurdles
1:00 pm	Women's 400m Dash Trials
1:20 pm	Women's 1,500m Run Trials
1:40 pm	Women's 100m Dash Trials
2:00 pm	Women's 100m Hurdles Trials
2:25 pm	Women's 400m Hurdles Trials
2:45 pm	Women's 800m Run Trials
3:05 pm	Women's 200m Dash Trials
3:35 pm	Men's 400m Dash Trials
3:55 pm	Men's 1,500m Run Trials
4:15 pm	Men's 100m Dash Trials
4:30 pm	Men's 110m Hurdles Trials
4:50 pm	Men's 400m Hurdles Trials
5:05 pm	Men's 800m Run Trials
5:20 pm	Men's 200m Dash Trials
5:45 pm	Women's 10,000m Run Finals
6:30 pm	Men's 10,000m Run Finals

### Heptathlon

11:00 am	100m Hurdles
TBD*	High Jump
TBD*	Shot Put
TBD*	200m Dash

### Decathlon

11:00 am	100m Dash
TBD*	Long Jump
TBD*	Shot Put
TBD*	High Jump
TBD*	400m Dash

\*Each subsequent event will begin 30 minutes after completion of the prior event.

## SUNDAY, MAY 5

### Field Events

12:00 pm	Men's Shot Put Finals
12:00 pm	Men's High Jump Finals
12:00 pm	Women's Discus Finals
1:00 pm	Women's Triple Jump Finals
2:30 pm	Men's Discus Finals
2:30 pm	Women's Shot Put Finals
2:30 pm	Women's High Jump Finals
3:00 pm	Men's Triple Jump Finals

### Running Events

11:00 am	Men's Decathlon 110m Hurdles
12:00 pm	Women's 5,000m Run Finals
12:20 pm	Women's 4x100m Relay Finals
12:30 pm	Men's 4x100m Relay Finals
12:40 pm	Women's 3,000m Steeplechase Section 1
12:55 pm	Women's 3,000m Steeplechase Section 2
1:10 pm	Men's 3,000m Steeplechase Section 1
1:25 pm	Men's 3,000m Steeplechase Section 2
1:40 pm	Women's 1,500m Run Finals
1:50 pm	Men's 1,500m Run Finals
2:05 pm	Women's 100m Hurdles Finals
2:20 pm	Men's 110m Hurdles Finals
2:30 pm	Women's 400m Dash Finals
2:35 pm	Men's 400m Dash Finals
2:40 pm	Women's 100m Dash Finals
2:45 pm	Men's 100m Dash Finals
3:00 pm	Women's 800m Run Finals
3:10 pm	Men's 800m Run Finals
3:25 pm	Women's 400m Hurdles Finals
3:35 pm	Men's 400m Hurdles Finals
3:45 pm	Women's 200m Dash Finals
3:50 pm	Men's 200m Dash Finals
3:55 pm	Women's 3,000m Run Finals
4:10 pm	Men's 5,000m Run Finals
4:30 pm	Women's 4x800m Relay Finals
4:40 pm	Men's 4x800m Relay Finals
4:50 pm	Women's 4x400m Relay Finals
5:00 pm	Men's 4x400m Relay Finals
5:15 pm	Awards Ceremony

### Heptathlon

11:00 am	Long Jump
TBD*	Javelin Throw
TBD*	800m Run

### Decathlon

11:00 am	110m Hurdles
TBD*	Discus Throw
TBD*	Pole Vault
TBD*	Javelin Throw
TBD*	1,500m Run

\*Each subsequent event will begin 30 minutes after completion of the prior event.