

**MID-CONTINENT CONFERENCE
OUTDOOR TRACK & FIELD CHAMPIONSHIP**

SCHEDULE OF EVENTS*

THURSDAY

9:30 am: DAY 1 HEPTATHLON
(100-Meter Hurdles, High Jump, Shot Put, 200-Meter Dash)

10:00 am: DAY 1 DECATHLON (100-Meter Dash, Long Jump,
Shot Put, High Jump, 400-Meter Dash)

1:00 pm: W Hammer (Trials/FINALS)

2:00 pm: W Pole Vault (Trials/FINALS)

3:00 pm: M Hammer (Trials/FINALS)

5:00 pm: W 10,000-Meters (FINALS)

5:45 pm: M 10,000-Meters (FINALS)

FRIDAY

9:30 am: DAY 2 DECATHLON (110-Meter Hurdles, Discus, Pole
Vault, Javelin, 1,500-Meter Run)

10:30 am: DAY 2 HEPTATHLON (Long Jump, Javelin, 800-
Meter Run)

2:30 pm: W Shot Put (Trials/FINAL)
W Long Jump (Trials/FINALS)
M Javelin (Trials/FINALS)

4:30 pm: M Shot Put (Trials/FINALS)
M Long Jump (Trials/FINALS)
W Javelin (Trials/FINALS)

4:00 pm: M 110-Meter Hurdles (Trials)

4:10 pm: W 100-Meter Hurdles (Trials)

4:20 pm: W 400-Meter Dash (Trials)

4:30 pm: M 400-Meter Dash (Trials)

4:40 pm: W 100-Meter Dash (Trials)

4:50 pm: M 100-Meter Dash (Trials)

5:00 pm: W 3,000M Steeplechase (FINALS)

5:15 pm: M 3,000M Steeplechase (FINALS)

5:30 pm: W 400-Meter Hurdles (Trials)

5:40 pm: M 400-Meter Hurdles (Trials)

5:50 pm: W 200-Meter Dash (Trials)

6:00 pm: M 200-Meter Dash (Trials)

SATURDAY

10:00 am: W Discus (Trials/FINALS)
W Triple Jump (Trials/FINALS)
M High Jump (Trials/FINALS)

10:30 am: M Pole Vault (Trials/FINALS)

11:30 am: M Discus (Trials/FINALS)
M Triple Jump (Trials/FINALS)
W High Jump (Trials/FINALS)

12:30 pmW 400-Meter Relay (FINALS)

12:35 pmM 400-Meter Relay (FINALS)

12:45 pmW 1,500-Meter Run (FINALS)

12:55 pmM 1,500-Meter Run (FINALS)

1:05 pmW 100-Meter Hurdles (FINALS)

1:15 pmM 110-Meter Hurdles (FINALS)

1:20 pmW 400-Meter Dash (FINALS)

1:25 pmM 400-Meter Dash (FINALS)

1:30 pmW 100-Meter Dash (FINALS)

1:35 pmM 100-Meter Dash (FINALS)

1:40 pmW 800-Meter Run (FINALS)

1:50 pmM 800-Meter Run (FINALS)

2:00 pmW 400-Meter Hurdles (FINALS)

2:10 pmM 400-Meter Hurdles (FINALS)

2:20 pmW 200-Meter Dash (FINALS)

2:25 pmM 200-Meter Dash (FINALS)

2:30 pmW 5,000-Meter Run (FINALS)

2:50 pmM 5,000-Meter Run (FINALS)

3:10 pmW 1,600-Meter Relay (FINALS)

3:20 pmM 1,600-Meter Relay (FINALS)

AWARDS CEREMONY

*May change depending on host institution and site limitations