

Schedule for the 2016 NCAA Outdoor National Championships

Thursday – Women’s Heptathlon

11:00 a.m.	100 Meter Hurdles	Women	Heptathlon
	High Jump	Women	Heptathlon
	Shot Put	Women	Heptathlon
	200 Meter Dash	Women	Heptathlon

Friday – Women’s Heptathlon

12:00 p.m.	Long Jump	Women	Heptathlon
	Javelin	Women	Heptathlon
	800 Meter	Women	Heptathlon

Thursday – Men’s Decathlon

10:30 p.m.	100 Meter Dash	Men	Decathlon
	Long Jump	Men	Decathlon
	Shot Put	Men	Decathlon
	High Jump	Men	Decathlon
	400 Meter Dash	Men	Decathlon

Friday – Men’s Decathlon

12:00 p.m.	110 Meter Hurdles	Men	Decathlon
	Discus	Men	Decathlon
	Pole Vault	Men	Decathlon
	Javelin	Men	Decathlon
	1500 Meter	Men	Decathlon

Start Time	Event	Gender	Description
Thursday			
10:00 a.m.	Pole Vault	Men	Final
11:30 a.m.	Discus	Men	Prelims & Finals
12:30 p.m.	Long Jump	Women	Prelims & Finals
2:00 p.m.	Pole Vault	Women	Final
2:30 p.m.	Discus	Women	Prelims & Finals
3:30 p.m.	Long Jump	Men	Prelims & Finals
12:50 p.m.	National Anthem		
1:00 p.m.	4x100 Meter Relay	Men	Prelims
1:15 p.m.	4x100 Meter Relay	Women	Prelims
1:30 p.m.	1500 Meter	Men	Prelims
1:45 p.m.	1500 Meter	Women	Prelims
2:00 p.m.	400 Meter Hurdles	Men	Prelims
2:15 p.m.	400 Meter Hurdles	Women	Prelims
2:30 p.m.	200 Meter	Men	Prelims
2:45 p.m.	200 Meter	Women	Prelims
3:00 p.m.	3000 Meter Steeplechase	Men	Prelims
3:30 p.m.	3000 Meter Steeplechase	Women	Prelims
3:55 p.m.	10000 Meter	Men	Final
4:35 p.m.	10000 Meter	Women	Final
5:20 p.m.	4x400 Meter Relay	Men	Prelims
5:35 p.m.	4x400 Meter Relay	Women	Prelims

Friday

11:30a.m.	High Jump	Men	Final
12:00 p.m.	Shot Put	Women	Prelims & Finals
2:30 p.m.	High Jump	Women	Final
3:00 p.m.	Shot Put	Men	Prelims & Finals

4:05 p.m.	National Anthem		
4:15 p.m.	110 Meter Hurdles	Men	Prelims
4:30 p.m.	100 Meter Hurdles	Women	Prelims
4:45 p.m.	400 Meter	Men	Prelims
5:00 p.m.	400 Meter	Women	Prelims
5:15 p.m.	100 Meter	Men	Prelims
5:30 p.m.	100 Meter	Women	Prelims
5:45 p.m.	800 Meter	Men	Prelims
6:00 p.m.	800 Meter	Women	Prelims

Saturday

11:30 a.m.	Hammer	Women	Prelims & Finals
11:30 a.m.	Triple Jump	Women	Prelims & Finals
11:30 a.m.	Javelin	Women	Prelims & Finals
2:30 p.m.	Hammer	Men	Prelims & Finals
2:30 p.m.	Triple Jump	Men	Prelims & Finals
2:30 p.m.	Javelin	Men	Prelims & Finals

12:15 p.m.	National Anthem		
12:30 p.m.	3000 Meter Steeplechase	Men	Final
12:45 p.m.	3000 Meter Steeplechase	Women	Final
1:05 p.m.	4x100 Meter Relay	Men	Final
1:15 p.m.	4x100 Meter Relay	Women	Final
1:25 p.m.	1500 Meter	Men	Final
1:35 p.m.	1500 Meter	Women	Final
1:50 p.m.	110 Meter Hurdles	Men	Final
2:00 p.m.	100 Meter Hurdles	Women	Final
2:10 p.m.	400 Meter	Men	Final
2:20 p.m.	400 Meter	Women	Final
2:30 p.m.	100 Meter	Men	Final
2:40 p.m.	100 Meter	Women	Final
2:50 p.m.	800 Meter	Men	Final
3:00 p.m.	800 Meter	Women	Final
3:15 p.m.	400 Meter Hurdles	Men	Final
3:25 p.m.	400 Meter Hurdles	Women	Final
3:40 p.m.	200 Meter	Men	Final
3:50 p.m.	200 Meter	Women	Final
4:00 p.m.	5000 Meter	Men	Final
4:25 p.m.	5000 Meter	Women	Final
4:50 p.m.	4x400 Meter Relay	Men	Final
5:00 p.m.	4x400 Meter Relay	Women	Final

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