



2019 SEC OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

JOHN MCDONNELL FIELD | UNIVERSITY OF ARKANSAS

SCHEDULE OF EVENTS

Thursday, May 9, 2019

Running Events

6:30 PM Men's 800 Meters Prelims
6:50 PM Women's 800 Meters Prelims
7:10 PM Men's 200 Meters Prelims
7:35 PM Women's 200 Meters Prelims
8:00 PM Men's 400 Meter Hurdles Prelims
8:20 PM Women's 400 Meter Hurdles Prelims
8:40 PM Men's 10,000 Meters Final
9:20 PM Women's 10,000 Meters Final

Field Events

12:00 PM Men's Hammer Throw Final
6:30 PM Women's Javelin Final
8:00 PM Men's Javelin Throw Final

Men's Decathlon - Day 1

2:00 PM Men's Decathlon 100 Meters
2:40 PM Men's Decathlon Long Jump
3:40 PM Men's Decathlon Shot Put
4:35 PM Men's Decathlon High Jump
6:05 PM Men's Decathlon 400 Meters

Women's Heptathlon - Day 1

2:20 PM Women's Heptathlon 100 Meter Hurdles
3:00 PM Women's Heptathlon High Jump
4:55 PM Women's Heptathlon Shot Put
5:50 PM Women's Heptathlon 200 Meters

Friday, May 10, 2019

Running Events

6:00 PM Men's 110 Meter Hurdles Prelims
6:15 PM Women's 100 Meter Hurdles Prelims
6:40 PM Men's 1,500 Meters Prelims
7:00 PM Women's 1,500 Meters Prelims
7:20 PM Men's 400 Meters Prelims
7:45 PM Women's 400 Meters Prelims
8:10 PM Men's 100 Meters Prelims
8:35 PM Women's 100 Meters Prelims
9:00 PM Men's 3,000 Meter Steeplechase Final
9:20 PM Women's 3,000 Meter Steeplechase Final

Field Events

12:00 PM Women's Hammer Throw Final
4:30 PM Women's Long Jump Final
5:00 PM Men's High Jump Final
6:05 PM Women's Pole Vault Final
6:20 PM Men's Shot Put Final
7:05 PM Men's Long Jump Final
8:00 PM Women's Shot Put Final

Men's Decathlon - Day 2

1:45 PM Men's Decathlon 110 Meter Hurdles
2:30 PM Men's Decathlon Discus Throw
3:40 PM Men's Decathlon Pole Vault
5:15 PM Men's Decathlon Javelin Throw
6:30 PM Men's Decathlon 1500 Meters

Women's Heptathlon - Day 2

2:35 PM Women's Heptathlon Long Jump
3:45 PM Women's Heptathlon Javelin Throw
4:45 PM Women's Heptathlon 800 Meters

Saturday, May 11, 2019

Running Events

5:05 PM Men's 4x100 Meter Relay Final
5:15 PM Women's 4x100 Meter Relay Final
5:25 PM Men's 1,500 Meter Relay Final
5:35 PM Women's 1,500 Meter Relay Final
5:45 PM Men's 110 Meter Hurdles Final
5:55 PM Women's 100 Meter Hurdles Final
6:05 PM Men's 400 Meters Final
6:15 PM Women's 400 Meters Final
6:25 PM Men's 100 Meters Final
6:35 PM Women's 100 Meters Final
6:45 PM Men's 800 Meters Final
6:55 PM Women's 800 Meters Final
7:05 PM Men's 400 Meter Hurdles Final
7:15 PM Women's 400 Meter Hurdles Final
7:25 PM Men's 200 Meters Final
7:35 PM Women's 200 Meters Final
7:45 PM Men's 5,000 Meters Final
8:05 PM Women's 5,000 Meters Final
8:30 PM Men's 4x400 Meter Relay Final
8:40 PM Women's 4x400 Meter Relay Final

Field Events

12:30 PM Men's Discus Throw Final
2:30 PM Men's Triple Jump Final
2:45 PM Women's Discus Throw Final
5:00 PM Men's Pole Vault Final
5:15 PM Women's Triple Jump Final
5:45 PM Women's High Jump Final