



# 2025 SEC OUTDOOR TRACK & FIELD CHAMPIONSHIPS



## Hosted by University of Kentucky

**THURSDAY**  
**May 15, 2025**

### FIELD EVENTS

12:00 pm – Women's Hammer  
2:15 pm – Men's Hammer  
3:30 pm – Women's Javelin  
6:00 pm – Men's Javelin

### RUNNING EVENTS

5:30 pm – Women's 800 meters - Prelims  
5:50 pm – Men's 800 meters - Prelims  
6:10 pm – Women's 200 meters - Prelims  
6:35 pm – Men's 200 meters - Prelims  
7:00 pm – Women's 400m Hurdles - Prelims  
7:20 pm – Men's 400m Hurdles - Prelims  
7:40 pm – Women's 10,00 meters  
8:15 pm – Men's 10,00 meters

### DECATHLON – DAY 1

11:30 am – 100 meters  
12:10 pm – Long Jump \*  
1:10 pm – Shot Put \*  
2:10 pm – High Jump \*  
4:15 pm – 400 meters \*

### HEPTATHLON – DAY 1

12:00 pm – 100m Hurdles  
12:45 pm – High Jump \*  
2:45 pm – Shot Put \*  
4:00 pm – 200 meters \*

**FRIDAY**  
**May 16, 2025**

### FIELD EVENTS

3:30 pm – Women's Long Jump  
4:15 pm – Women's Shot Put  
4:30 pm – Men's Pole Vault  
4:30 pm – Women's High Jump  
6:00 pm – Men's Long Jump  
6:45 pm – Men's Shot Put

### RUNNING EVENTS

5:00 pm – Women's 100m Hurdles - Prelims  
5:15 pm – Men's 110m Hurdles - Prelims  
5:40 pm – Women's 1500 meters - Prelims  
6:00 pm – Men's 1500 meters - Prelims  
6:20 pm – Women's 400 meters - Prelims  
6:45 pm – Men's 400 meters - Prelims  
7:10 pm – Women's 100 meters - Prelims  
7:35 pm – Men's 100 meters - Prelims  
8:00 pm – Women's 3000m Steeplechase  
8:20 pm – Men's 3,000m Steeplechase

### DECATHLON – DAY 2

11:00 am – 110m Hurdles  
11:45 am – Discus \*  
12:55 pm – Pole Vault \*  
2:30 pm – Javelin \*  
4:00 pm – 1500 meters \*

### HEPTATHLON – DAY 2

11:45 am – Long Jump \*  
1:00 pm – Javelin \*  
2:30 pm – 800 meters \*

**SATURDAY**  
**May 17, 2025**

### FIELD EVENTS

2:30 pm – Women's Discus  
4:00 pm – Women's Triple Jump  
5:00 pm – Women's Pole Vault  
5:15 pm – Men's High Jump  
5:15 pm – Men's Discus  
6:30 pm – Men's Triple Jump

### RUNNING EVENTS

6:05 pm – Women's 4 x 100m Relay  
6:15 pm – Men's 4 x 100m Relay  
6:25 pm – Women's 1500 meters  
6:35 pm – Men's 1500 meters  
6:45 pm – Women's 100m Hurdles  
6:55 pm – Men's 110m Hurdles  
7:05 pm – Women's 400 meters  
7:15 pm – Men's 400 meters  
7:25 pm – Women's 100 meters  
7:35 pm – Men's 100 meters  
7:45 pm – Women's 800 meters  
7:55 pm – Men's 800 meters  
8:05 pm – Women's 400m Hurdles  
8:15 pm – Men's 400m Hurdles  
8:25 pm – Women's 200 meters  
8:35 pm – Men's 200 meters  
8:45 pm – Women's 5,000 meters  
9:05 pm – Men's 5,000 meters  
9:30 pm – Women's 4 x 400m Relay  
9:40 pm – Men's 4 x 400m Relay

\* Combined event time is an estimated time.