



# 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 Final
- 5:35 PM Women's 1,500 Meter 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