



THURSDAY - MEN'S DECATHLON			
Time	Event	Gender	Description
10:00 AM	100 M Dash	Men	Decathlon
~10:45 AM	Long Jump	Men	Decathlon
~12:45 PM	Shot Put	Men	Decathlon
~3:00 PM	High Jump (2 pits)	Men	Decathlon
6:35 PM	400 M Dash	Men	Decathlon

THURSDAY - WOMEN'S HEPTATHLON			
Time	Event	Gender	Description
11:00 AM	100 m Hurdles	Women	Heptathlon
~11:45 AM	High Jump (2 pits)	Women	Heptathlon
~3:00 PM	Shot Put	Women	Heptathlon
6:50 PM	200 M Dash	Women	Heptathlon

THURSDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
10:30 AM	Discus	Women	Prelim & Finals
1:00 PM	Discus	Men	Prelim & Finals
1:15 PM	Long Jump	Men	Prelim & Finals
1:30 PM	Javelin	Women	Prelim & Finals
4:15 PM	Long Jump	Women	Prelim & Finals
4:00 PM	Javelin	Men	Prelim & Finals
6:00 PM	High Jump	Women	Final
TRACK EVENTS			
10:00 AM	100 M Dash	Men	Decathlon
11:00 AM	100 m Hurdles	Women	Heptathlon
4:50 PM	National Anthem		
5:00 PM	4x100 M Relay	Men	Prelims
5:15 PM	4x100 M Relay	Women	Prelims
5:30 PM	1500 Meter	Men	Prelims
5:45 PM	1500 Meter	Women	Prelims
6:05 PM	400 M Hurdles	Men	Prelims
6:20 PM	400 M Hurdles	Women	Prelims
6:35 PM	400 Meter	Men	Decathlon
6:50 PM	200 Meter	Women	Heptathlon
7:05 PM	200 Meter	Men	Prelims
7:20 PM	200 Meter	Women	Prelims
7:35 PM	3000 M Steeple Chase	Men	Prelims
8:05 PM	3000 M Steeple Chase	Women	Prelims
8:35 PM	4x400 M Relay	Men	Prelims
8:50 PM	4x400 M Relay	Women	Prelims
9:05 PM	10,000 Meter	Men	Final
9:50 PM	10,000 Meter	Women	Final

FRIDAY - MEN'S DECATHLON			
Time	Event	Gender	Description
10:00 AM	110 M Hurdles	Men	Decathlon
~11:00 AM	Discus	Men	Decathlon
~1:45 PM	Pole Vault (2 pits)	Men	Decathlon
~5:45 PM	Javelin	Men	Decathlon
7:15 PM	1500 Meter	Men	Decathlon

FRIDAY - WOMEN'S HEPTATHLON			
Time	Event	Gender	Description
11:30 AM	Long Jump	Women	Heptathlon
~1:30 PM	Javelin	Women	Heptathlon
~2:45 PM	800 Meter	Women	Heptathlon

FRIDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
10:00 AM	Pole Vault	Men	Final
1:00 PM	Shot Put	Men	Prelims & Finals
4:00 PM	Shot Put	Women	Prelims & Finals
6:00 PM	Pole Vault	Women	Final
TRACK EVENTS			
10:00 AM	110 M Hurdles	Men	Decathlon
~2:45 PM	800 Meter	Women	Heptathlon
4:45 PM	National Anthem		
5:00 PM	110 M Hurdles	Men	Prelims
5:15 PM	100 M Hurdles	Women	Prelims
5:30 PM	400 Meter	Men	Prelims
5:45 PM	400 Meter	Women	Prelims
6:00 PM	100 Meter	Men	Prelims
6:15 PM	100 Meter	Women	Prelims
6:30 PM	800 Meter	Men	Prelims
6:45 PM	800 Meter	Women	Prelims
7:15 PM	1500 Meter	Men	Decathlon

SATURDAY			
FIELD EVENTS			
Time	Event	Gender	Description
10:00 AM	High Jump	Men	Final
10:00 AM	Hammer	Women	Prelims & Finals
10:00 AM	Triple Jump	Women	Prelims & Finals
1:00 PM	Triple Jump	Men	Prelims & Finals
1:00 PM	Hammer	Men	Prelims & Finals
TRACK EVENTS			
12:15 PM	National Anthem		
12:30 PM	3000 M Steeplechase	Men	Final
12:45 PM	3000 M Steeplechase	Women	Final
12:55 PM	4x100 M Relay	Men	Final
1:15 PM	4x100 M Relay	Women	Final
1:25 PM	1500 Meter	Men	Final
1:35 PM	1500 Meter	Women	Final
1:50 PM	110 M Hurdles	Men	Final
2:00 PM	100 M Hurdles	Women	Final
2:10 PM	400 Meter	Men	Final
2:20 PM	400 Meter	Women	Final
2:30 PM	100 Meter	Men	Final
2:40 PM	100 Meter	Women	Final
2:50 PM	800 Meter	Men	Final
3:00 PM	800 Meter	Women	Final
3:15 PM	400 M Hurdles	Men	Final
3:25 PM	400 M Hurdles	Women	Final
3:40 PM	200 Meter	Men	Final
3:50 PM	200 Meter	Women	Final
4:00 PM	5000 Meter	Men	Final
4:25 PM	5000 Meter	Women	Final
4:50 PM	4x400 M Relay	Men	Final
5:00 PM	4x400 M Relay	Women	Final



**2023 DIVISION III OUTDOOR
TRACK & FIELD
CHAMPIONSHIPS**
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