

2011 MVC Outdoor Track & Field Procedures

Appendix 1

Outdoor Track and Field Championships Schedule

Friday:

Multi-Events

- 10:00 a.m. Decathlon (M) (100, LJ, SP, HJ, 400)
- 10:30 a.m. Heptathlon (W) (100H, HJ, SP, 200)

Field Events

- 12:00 p.m. Hammer Throw (W) Trials and Finals
- 2:00 p.m. Hammer Throw (M) Trials and Finals
- 4:00 p.m. Javelin Throw (W) Trials and Finals
- 4:00 p.m. Pole Vault (W) Trials and Finals
- 6:00 p.m. Javelin Throw (M) Trials and Finals

Running Events

- 6:30 p.m. 10,000 Meter Run (W) Finals
- 7:15 p.m. 10,000 Meter Run (M) Finals

Saturday:

Multi-Events

- 10:30 a.m. Decathlon (M) (110H, DT, PV, JT, 1500)
- 11:30 a.m. Heptathlon (W) (LJ, JT, 800)

Field Events

- 3:00 p.m. Shot Put (W) Trials and Finals
- 3:00 p.m. High Jump (M) Finals
- 3:00 p.m. Long Jump (W) Trials and Finals
- 5:30 p.m. Shot Put (M) Trials and Finals
- 5:30 p.m. High Jump (W) Finals
- 5:30 p.m. Long Jump (M) Trials and Finals

Running Events

- 5:00 p.m. 100 Meter Hurdles (W) Prelims
- 5:10 p.m. 110 Meter Hurdles (M) Prelims
- 5:20 p.m. 400 Meter Dash (W) Prelims
- 5:30 p.m. 400 Meter Dash (M) Prelims
- 5:40 p.m. 100 Meter Dash (W) Prelims
- 5:50 p.m. 100 Meter Dash (M) Prelims
- 6:00 p.m. 800 Meter Run (W) Prelims
- 6:10 p.m. 800 Meter Run (M) Prelims
- 6:20 p.m. 400 Meter Hurdles (W) Prelims
- 6:30 p.m. 400 Meter Hurdles (M) Prelims
- 6:40 p.m. 200 Meter Dash (W) Prelims
- 6:50 p.m. 200 Meter Dash (M) Prelims
- 7:00 p.m. 3,000 Meter Steeplechase (W) Finals
- 7:15 p.m. 3,000 Meter Steeplechase (M) Finals

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Sunday:

Field Events

- 11:00 a.m. Pole Vault (M) Finals
- 12:00 noon Triple Jump (W) Trials and Finals
- 12:30 p.m. Discus Throw (W) Trials and Finals
- 2:00 p.m. Triple Jump (M) Trials and Finals
- 2:30 p.m. Discus Throw (M) Trials and Finals

Running Events

- 12:55 p.m. National Anthem
- 1:00 p.m. 4 x 100 Meter Relay (W) Finals
- 1:05 p.m. 4 x 100 Meter Relay (M) Finals
- 1:10 p.m. 1,500 Meter Run (W) Final [slow section]
1,500 Meter Run (W) Final [fast section]
- 1:25 p.m. 1,500 Meter Run (M) Final [slow section]
1,500 Meter Run (M) Final [fast section]
- 1:40 p.m. 100 Meter Hurdles (W) Finals
- 1:45 p.m. 110 Meter Hurdles (M) Finals
- 1:55 p.m. 400 Meter Dash (W) Finals
- 2:00 p.m. 400 Meter Dash (M) Finals
- 2:10 p.m. 100 Meter Dash (W) Finals
- 2:15 p.m. 100 Meter Dash (M) Finals
- 2:20 p.m. 800 Meter Run (W) Finals
- 2:25 p.m. 800 Meter Run (M) Finals
- 2:35 p.m. 400 Meter Hurdles (W) Finals
- 2:45 p.m. 400 Meter Hurdles (M) Finals
- 2:55 p.m. 200 Meter Dash (W) Finals
- 3:00 p.m. 200 Meter Dash (M) Finals
- 3:05 p.m. 5,000 Meter Run (W) Finals
- 3:30 p.m. 5,000 Meter Run (M) Finals
- 3:55 p.m. 4 x 400 Meter Relay (W) Finals
- 4:05 p.m. 4 x 400 Meter Relay (M) Finals
- 4:20 p.m. Awards Presentations