

2019 SUMMIT LEAGUE OUTDOOR TRACK & FIELD CHAMPIONSHIPS

MAY 8-10, 2019
 HOSTED BY WESTERN ILLINOIS UNIVERSITY
 HANSON FIELD • MACOMB, ILL.



WEDNESDAY, MAY 8

Heptathlon/Decathlon

11 a.m. 100 Meter Dash Long Jump Shot Put High Jump 400-Meter Dash Men's Decathlon

11:30 a.m. 100 Meter Hurdles High Jump Shot Put 200 Meter Dash Women's Heptathlon

Field Events

10 a.m. Hammer Throw Women's Trials & Final
 12 p.m. Hammer Throw Men's Trials & Final
 3 p.m. Javelin Throw Women's Trials & Final
 4 p.m. Pole Vault Men's Trials & Final
 5 p.m. Javelin Throw Men's Trials & Final

Track Events

7 p.m. 10,000 Meter Run Women's Finals
 7:45 p.m. 10,000 Meter Run Men's Finals

THURSDAY, MAY 9

Heptathlon/Decathlon

11 a.m. 110 Meter Hurdles Discus Throw Pole Vault Javelin Throw 1,500 Meter Run Men's Decathlon

12 p.m. Long Jump Javelin Throw 800 Meter Run Women's Heptathlon

Field Events

3 p.m. High Jump Shot Put Long Jump Pole Vault Women's Trials & Final
 4 p.m. Long Jump Shot Put Women's Trials & Final
 5 p.m. Long Jump Shot Put Men's Trials & Final

Track Events

4:30 p.m. 100 Meter Hurdles Women's Trials
 4:40 p.m. 110 Meter Hurdles Men's Trials
 4:50 p.m. 400 Meter Dash Women's Trials
 5 p.m. 400 Meter Dash Men's Trials

5:10 p.m. 100 Meter Dash Women's Trials
 5:20 p.m. 100 Meter Dash Men's Trials
 5:30 p.m. 800 Meter Run Women's Trials
 5:40 p.m. 800 Meter Run Men's Trials

5:50 p.m. Awards Ceremony

6:05 p.m. 400 Meter Hurdles Women's Trials
 6:15 p.m. 400 Meter Hurdles Men's Trials
 6:25 p.m. 200 Meter Dash Women's Trials
 6:35 p.m. 200 Meter Dash Men's Trials
 6:45 p.m. 3,000 Meter Steeplechase Women's Finals
 7 p.m. 3,000 Meter Steeplechase Men's Finals

FRIDAY, MAY 10

Field Events

11 a.m. Discus Throw Women's Trials & Final
 Triple Jump Women's Trials & Final
 11:30 a.m. High Jump Men's Trials & Final
 1 p.m. Discus Throw Men's Trials & Final
 Triple Jump Men's Trials & Final

Track Events

12:20 p.m. 4x100 Meter Relay Women's Final
 12:25 p.m. 4x100 Meter Relay Men's Final
 12:35 p.m. 1,500 Meter Run Women's Final
 12:50 p.m. 1,500 Meter Run Men's Final
 1:05 p.m. 100 Meter Hurdles Women's Final
 1:15 p.m. 110 Meter Hurdles Men's Final
 1:20 p.m. 400 Meter Dash Women's Final
 1:25 p.m. 400 Meter Dash Men's Final
 1:30 p.m. 100 Meter Dash Women's Final
 1:35 p.m. 100 Meter Dash Men's Final

1:40 p.m. Awards Ceremony

1:55 p.m. 800 Meter Run Women's Final
 2 p.m. 800 Meter Run Men's Final
 2:05 p.m. 400 Meter Hurdles Women's Final
 2:15 p.m. 400 Meter Hurdles Men's Final
 2:20 p.m. 200 Meter Dash Women's Final
 2:25 p.m. 200 Meter Dash Men's Final
 2:30 p.m. 5,000 Meter Run Women's Final
 2:55 p.m. 5,000 Meter Run Men's Final
 3:15 p.m. 4x400 Meter Relay Women's Final
 3:25 p.m. 4x400 Meter Relay Men's Final

3:30 p.m. Awards Ceremony

(All times Central)

*For internal use only until released by The Summit League Office

*Subject to change based on facility

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