



2022 OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 12-14, 2022

Tulsa, Okla. // ONEOK Sports Complex

Hosted by Oral Roberts University

THURSDAY, MAY 12

*National Anthem to be played at the beginning of each day

Track Events

8 a.m. 10,000 Meter Run Women's Final
8:45 a.m. 10,000 Meter Run Men's Final

Heptathlon/Decathlon

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

10:30 a.m. 100 Meter Hurdles Women's Heptathlon
High Jump
Shot Put
200 Meter Dash

Field Events

11 a.m. Hammer Throw Women's Trials & Final
1 p.m. Hammer Throw Men's Trials & Final
3 p.m. Javelin Throw Women's Trials & Final
5 p.m. Javelin Throw Men's Trials & Final

FRIDAY, MAY 13

Heptathlon/Decathlon

10 a.m. 110 Meter Hurdles Men's Decathlon
Discus Throw
Pole Vault
Javelin Throw
1,500 Meter Run
11 a.m. Long Jump Women's Heptathlon
Javelin Throw
800 Meter Run

Field Events

2 p.m. High Jump Women's Trials & Final
Pole Vault Women's Trials & Final
Long Jump Men's Trials & Final
4 p.m. Discus Throw Women's Trials & Final
Long Jump Women's Trials & Final
6 p.m. Discus Throw 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 Final
7 p.m. 3,000 Meter Steeplechase Men's Final

SATURDAY, MAY 14

Field Events

11 a.m. Pole Vault Men's Trials & Final
Shot Put Women's Trials & Final
Triple Jump Women's Trials & Final
11:30 a.m. High Jump Men's Trials & Final
1 p.m. Shot Put 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 other individual awards will be given out at the conclusion of each event

(All times Central)

*Subject to change

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