

NSIC Outdoor Track & Field Championships

2024 Schedule of Events

Date: Final NCAA Qualifying Weekend

Thursday

Combined Events

12:55 pm National Anthem/NSIC Creed
 1:00 pm Decathlon 100 Meters
 1:30 pm Heptathlon 100 Meter Hurdles
 ~1:45 pm Decathlon Long Jump
 ~2:15 pm Heptathlon High Jump
 ~3:00 pm Decathlon Shot Put
 ~4:00 pm Heptathlon Shot Put
 ~4:15 pm Decathlon High Jump
 ~5:15 pm Heptathlon 200 Meters
 ~6:00 pm Decathlon 400 Meters

FRIDAY

Combined Events

8:55 am National Anthem/NSIC Creed
 9:00 am Decathlon 110 Meter Hurdles
 9:30 am Heptathlon Long Jump
 ~9:45 am Decathlon Discus
 ~10:45 am Heptathlon Javelin
 ~11:15 am Decathlon Pole Vault
 ~12:00 pm Heptathlon 800 Meters
 ~2:45 pm Decathlon Javelin
 ~4:10 pm Decathlon 1500 Meters

Friday

All running events are preliminaries except 10K & 3000m Steeplechase

Time Field Event

12:30 pm Hammer (W)
 12:30 pm Shot Put (M)
 12:30 pm High Jump (M)
 12:30 pm Long Jump (W)
 3:00 pm Pole Vault (M)
 3:30 pm High Jump (W)
 3:30 pm Hammer (M)
 3:30 pm Shot Put (W)
 3:30 pm Long Jump (M)

Time Running Event

10:00 am 10,000 Meters (W) - Final
 11:00 am 10,000 Meters (M) - Final
 12:00 pm Heptathlon 800 Meters (W)
 12:50 pm 3000 Meter Steeple (W) - Final
 1:10 pm 3000 Meter Steeple (M) - Final
 1:30 pm 1500 Meter (W)
 1:45 pm 1500 Meter (M)
 2:00 pm 100 Meter Hurdles (W)
 2:15 pm 110 Meter Hurdles (M)
 2:30 pm 400 Meters (W)
 2:45 pm 400 Meters (M)
 3:00 pm 100 Meters (W)
 3:15 pm 100 Meters (M)
 3:30 pm 800 Meters (W)
 3:50 pm 800 Meters (M)
 4:10 pm Decathlon 1500 Meters (M)
 4:20 pm 400 Meter Hurdles (W)
 4:40 pm 400 Meter Hurdles (M)
 5:00 pm 200 Meters (W)
 5:15 pm 200 Meters (M)

Saturday

Relays will be run as 2-section final with the fast section running last

Time Field Events

10:55 am National Anthem/NSIC Creed
 11:00 am Javelin (W)
 11:00 am Discus (M)
 11:00 am Triple Jump ((M)
 11:00 am Pole Vault (W)
 2:00 pm Javelin (M)
 2:00 pm Discus (W)
 2:00 pm Triple Jump (W)

Time Running Events

1:05 pm 4x100 Meter Relay (W)
 1:15 pm 4x100 Meter Relay (M)
 1:25 pm 1500 Meter Run (W)
 1:40 pm 1500 Meter Run (M)
 1:55 pm 100 Meter Hurdles (W)
 2:10 pm 110 Meter Hurdles (M)
 2:20 pm 400 Meters (W)
 2:25 pm 400 Meters (M)
 2:35 pm 100 Meters (W)
 2:40 pm 100 Meters (M)
 2:45 pm 800 Meters (W)
 2:50 pm 800 Meters (M)
 3:00 pm 400 Meter Hurdles (W)
 3:10 pm 400 Meter Hurdles (M)
 3:20 pm 200 Meters (W)
 3:25 pm 200 Meters (M)
 3:35 pm 5000 Meters (W)
 4:00 pm 5000 Meters (M)
 4:25 pm 4x400 Meter Relay (W)
 4:40 pm 4x400 Meter Relay (M)
 5:00 pm Awards Ceremony