

**2023 PSAC Outdoor Track & Field Championships**  
**Hosted by Slippery Rock University of Pennsylvania**  
**Time Schedule**

**THURSDAY (May 11, 2023)**

11:00 AM W Heptathlon (100H, HJ, SP, 200)  
 11:30 AM M Decathlon (100, LJ, SP, HJ, 400)  
 1:00 PM M Hammer Throw  
 3:30 PM W Hammer Throw  
 8:00 PM M 10,000m FINAL  
 8:45 PM W 10,000m FINAL

**FRIDAY (May 12, 2023)**

10:00 AM M Decathlon (110H, DT, PV, JT, 1500)  
 Multi Discus Far Sector  
 Multi Javelin (Across Harmony Rd)  
 10:30 AM W Heptathlon (LJ, JT, 800)  
 Multi Javelin (Across Harmony Rd)

**Field Events**

12:00 PM M Long Jump  
 12:00 PM M Discus  
 12:00 PM W High Jump  
 1:30 PM M Pole Vault  
 3:00 PM W Discus  
 3:00 PM W Long Jump

**Track Events**

1:05 PM M 4X100m PRELIMS  
 1:15 PM W 4X100m PRELIMS  
 1:35 PM M 110m Hurdles PRELIMS  
 1:45 PM W 100m Hurdles PRELIMS  
 2:05 PM M 400m PRELIMS  
 2:20 PM W 400m PRELIMS  
 2:35 PM M 100m PRELIMS  
 2:50 PM W 100m PRELIMS  
 3:05 PM M 800m PRELIMS  
 3:20 PM W 800m PRELIMS  
 3:40 PM M 400m Hurdles PRELIMS  
 4:00 PM W 400m Hurdles PRELIMS  
 4:20 PM M 200m PRELIMS  
 4:40 PM W 200m PRELIMS  
 5:20 PM M 3,000m Steeplechase FINAL  
 5:45 PM W 3,000m Steeplechase FINAL

**SATURDAY (May 13, 2023)**

10:55 AM *National Anthem*

**Field Events**

11:00 AM M Shot Put  
 11:00 AM W Javelin (Main Runway)  
 11:00 AM W Pole Vault  
 11:00 AM M Triple Jump  
 1:00 PM M High Jump  
 1:00 PM W Triple Jump  
 1:00 PM W Shot Put  
 1:00 PM M Javelin (Main Runway)

**Track Events**

12:30 PM M 4X100m Relay FINAL  
 12:35 PM W 4X100m Relay FINAL  
 12:45 PM M 1,500m FINAL  
 1:00 PM W 1,500m FINAL  
 1:15 PM M 110m Hurdles FINAL  
 1:25 PM W 100m Hurdles FINAL  
 1:35 PM M 400m FINAL  
 1:40 PM W 400m FINAL  
 1:50 PM M 100m FINAL  
 1:55 PM W 100m FINAL  
 2:05 PM M 800m FINAL  
 2:10 PM W 800m FINAL  
 2:25 PM M 400m Hurdles FINAL  
 2:30 PM W 400m Hurdles FINAL  
 2:45 PM M 200m FINAL  
 2:50 PM W 200m FINAL  
 2:55 PM M 5,000m FINAL  
 3:15 PM W 5,000m FINAL  
 3:45 PM M 4X400m Relay FINAL  
 3:55 PM W 4X400m Relay FINAL  
 4:20 PM *Awards Ceremony*