

2025 PSAC Outdoor Track & Field Championships
Hosted by Slippery Rock University of Pennsylvania
Time Schedule

THURSDAY (May 8, 2025)

11:00 AM W Heptathlon (100H, HJ, SP, 200)
11:45 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 9, 2025)

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 10, 2025)

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*