

2021 DIVISION III OUTDOOR
TRACK & FIELD CHAMPIONSHIPS
 GREENSBORO, NC • North Carolina A&T State University and Greensboro Sports Foundation, Hosts

THURSDAY - MEN'S DECATHLON			
Start time	Event	Gender	Description
10:30 AM	100 Meters	Men	Decathlon
~11:15 AM	Long Jump	Men	Decathlon
~12:25 PM	Shot Put	Men	Decathlon
~1:45 PM	High Jump (2 pits)	Men	Decathlon
~3:40 PM	400 Meters	Men	Decathlon

THURSDAY - WOMEN'S HEPTATHLON			
Start time	Event	Gender	Description
11:30 AM	100 Meter Hurdles	Women	Heptathlon
~12:15 PM	High Jump (2 pits)	Women	Heptathlon
~2:15 PM	Shot Put	Women	Heptathlon
~3:30 PM	200 Meters	Women	Heptathlon

THURSDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
11:00 AM	Discus	Men	Prelims & Final
11:00 AM	Pole Vault	Women	Final
2:00 PM	Discus	Women	Prelims & Final
2:00 PM	Long Jump	Men	Prelims & Final
3:30 PM	Pole Vault	Men	Prelims & Final
5:00 PM	Javelin	Women	Prelims & Final
5:00 PM	Long Jump	Women	Prelims & Final
RUNNING EVENTS			
2:50 PM	National Anthem		
3:00 PM	4x100 Meter Relay	Women	Prelims
3:15 PM	4x100 Meter Relay	Men	Prelims
3:55 PM	1500 Meters	Women	Prelims
4:10 PM	1500 Meters	Men	Prelims
4:25 PM	400 Meter Hurdles	Women	Prelims
4:40 PM	400 Meter Hurdles	Men	Prelims
4:55 PM	200 Meters	Women	Prelims
5:10 PM	200 Meters	Men	Prelims
BREAK			
7:00 PM	4x400 Meter Relay	Women	Prelims
7:15 PM	4x400 Meter Relay	Men	Prelims
8:30 PM	10,000 Meters	Women	Final
9:15 PM	10,000 Meters	Men	Final

FRIDAY - MEN'S DECATHLON			
Start time	Event	Gender	Description
10:00 AM	110 Meter Hurdles	Men	Decathlon
~10:45 AM	Discus	Men	Decathlon
~12:00 PM	Pole Vault (2 pits)	Men	Decathlon
~2:45 PM	Javelin	Men	Decathlon
~4:30 PM	1500 Meters	Men	Decathlon

FRIDAY - WOMEN'S HEPTATHLON			
Start time	Event	Gender	Description
11:30 AM	Long Jump	Women	Pentathlon
~12:15 PM	Javelin	Women	Pentathlon
~2:45 PM	800 Meters	Women	Pentathlon

FRIDAY			
FIELD EVENTS			
11:30 AM	High Jump	Women	Prelims & Final
2:30 PM	High Jump	Men	Prelims & Final
4:45 PM	Javelin	Men	Prelims & Final
RUNNING EVENTS			
2:05 PM	National Anthem		
2:10 PM	100 Meter Hurdles	Women	Prelims
2:30 PM	110 Meter Hurdles	Men	Prelims
3:00 PM	400 Meters	Women	Prelims
3:15 PM	400 Meters	Men	Prelims
3:30 PM	100 Meter	Women	Prelims
3:45 PM	100 Meter	Men	Prelims
4:00 PM	800 Meters	Women	Prelims
4:15 PM	800 Meters	Men	Prelims
4:30 PM	3000 Meter Steeplechase	Women	Final
4:45 PM	3000 Meter Steeplechase	Men	Final

SATURDAY			
FIELD EVENTS			
Start time	Event	Gender	Description
10:30 AM	Shot Put	Women	Prelims & Final
10:30 AM	Triple Jump	Men	Prelims & Final
10:30 AM	Hammer Throw	Men	Prelims & Final
2:00 PM	Shot Put	Men	Prelims & Final
2:00 PM	Triple Jump	Women	Prelims & Final
2:00 PM	Hammer Throw	Women	Prelims & Final
RUNNING EVENTS			
12:00 PM	National Anthem		
12:05 PM	4x100 Meter Relay	Women	Final
12:15 PM	4x100 Meter Relay	Men	Final
12:25 PM	1500 Meters	Women	Final
12:35 PM	1500 Meters	Men	Final
12:50 PM	100 Meter Hurdles	Women	Final
1:00 PM	110 Meter Hurdles	Men	Final
1:10 PM	400 Meters	Women	Final
1:20 PM	400 Meters	Men	Final
1:30 PM	100 Meter	Women	Final
1:40 PM	100 Meter	Men	Final
1:50 PM	800 Meters	Women	Final
2:00 PM	800 Meters	Men	Final
2:15 PM	400 Meter Hurdles	Women	Final
2:25 PM	400 Meter Hurdles	Men	Final
2:40 PM	200 Meters	Women	Final
2:50 PM	200 Meters	Men	Final
3:00 PM	5000 Meters	Women	Final
3:25 PM	5000 Meters	Men	Final
3:50 PM	4x400 Meter Relay	Women	Final
4:00 PM	4x400 Meter Relay	Men	Final