

SEC Track and Field Schedule of Events

Friday, February 24

Heptathlon / Pentathlon

12 pm	55 (men - heptathlon)
12:15 pm	55H (women – pentathlon)
12:40 pm	Long Jump (men - heptathlon)
1:25 pm	High Jump (women – pentathlon)
2:00 pm	Shot Put (men - heptathlon)
3:00 pm	Shot Put (women – pentathlon)
3:30 pm	High Jump (men - heptathlon)
4:15 pm	Long Jump (women – pentathlon)
5:30 pm	800m (women – pentathlon)

Saturday, February 25

Field Events

10:00 am	Weight Throw (men) – (trials / FINALS)
12 pm	Pole Vault (men - heptathlon)
	Long Jump (women) – (trials / FINALS)
12:30 pm	Shot Put (women) – (trials / FINALS)
3:30 pm	Pole Vault (women) – (trials / FINALS)
	Long Jump (men) – (trials / FINALS)

Running Events

11:00 am	55m Hurdles (men – heptathlon)
1 pm	55m Hurdles (women – semi)
1:20 pm	55m Hurdles (men – semi)
1:45 pm	55m Dash (women – semi)
2:10 pm	55m Dash (men – semi)
2:35 pm	Mile Run (women – semis)
2:55 pm	Mile Run (men – semis)
3:15 pm	400m (women – semis)
3:45 pm	400m (men – semis)
4:15 pm	1000m (men – heptathlon)
4:30 pm	800m (women – semis)
4:55 pm	800m (men – semis)
5:20 pm	200m Dash (women – semis)
5:50 pm	200m Dash (men – semis)
6:20 pm	3000m Run (women – FINALS)
6:35 pm	3000m Run (men – FINALS)

Sunday, February 26

Field Events

10 am	Weight Throw (women) – (trials / FINALS)
11:30 am	High Jump (women) – (trials / FINALS)
	High Jump (men) – (trials / FINALS)
12 pm	Triple Jump (women) - (trials / FINALS)
1 pm	Pole Vault (men) - (trials / FINALS)
2:30 pm	Triple Jump (men) – (trials / FINALS)
	Shot Put (men) – (trials/FINALS)

Running Events

1pm	55m Hurdles (women – FINAL)
1:10 pm	55m Hurdles (men – FINAL)
1:20 pm	55m Dash (women – FINAL)
1:25 pm	55m Dash (men – FINAL)
1:35 pm	Mile Run (women – FINAL)
1:45 pm	Mile Run (men – FINAL)
1:55 pm	400m (women – FINAL)
2:05 pm	400m (men – FINAL)
2:15 pm	5000m Run (women – FINAL)
2:40 pm	800m (women – FINAL)
2:50 pm	800m (men – FINAL)
3 pm	200m Dash (women – FINAL)
3:10 pm	200m Dash (men – FINAL)
3:20 pm	5000m Run (men – FINAL)
3:45 pm	Distance Medley Relay (women – FINAL)
4 pm	Distance Medley Relay (men – FINAL)
4:20 pm	4 x 400m Relay (women – FINAL)
4:30 pm	4 x 400m Relay (men – FINAL)