

2019 NCCAA OUTDOOR TRACK & FIELD CHAMPIONSHIPS

May 8-10, 2019

Benard and Linnie Key Track & Field Complex

Grace College – Winona Lake, IN

--Schedule of Events--

WEDNESDAY, MAY 8

COMBINED EVENTS (~approximate start time)

11:00	100 Meter Dash	Decathlon	Men
11:15	100 Meter Hurdles	Heptathlon	Women
~11:40	Long Jump	Decathlon	Men
~11:55	High Jump	Heptathlon	Women
~1:00	Shot Put	Decathlon	Men
~2:15	High Jump	Decathlon	Men
~1:55	Shot Put	Heptathlon	Women
~3:10	200 Meter Dash	Heptathlon	Women
~4:15	400 Meter Dash	Decathlon	Men

THURSDAY, MAY 9

COMBINED EVENTS (~approximate start time)

9:00	110 Meter Hurdles	Decathlon	Men
9:15	Long Jump	Heptathlon	Women
~9:45	Discus	Decathlon	Men
~10:20	Javelin	Heptathlon	Women
~11:00	Pole Vault	Decathlon	Men
~11:30	800 Meter Run	Heptathlon	Women
~1:30	Javelin	Decathlon	Men
~3:00	1500 Meter Run	Decathlon	Men

FIELD EVENTS

12:00	Discus	Final	Men
12:30	Triple Jump	Final	Women
2:00	Pole Vault	Final	Men
3:00	Discus	Final	Women
3:30	Javelin	Final	Men
3:45	Triple Jump	Final	Men
5:00	Pole Vault	Final	Women
5:30	Javelin	Final	Women

RUNNING EVENTS

1:30	4x100 Meter Relay	Prelims	Women
1:45	4x100 Meter Relay	Prelims	Men
2:00	100 Meter Hurdles	Prelims	Women
2:20	110 Meter Hurdles	Prelims	Men
2:40	400 Meter Dash	Prelims	Women
2:55	400 Meter Dash	Prelims	Men
3:10	100 Meter Dash	Prelims	Women
3:25	100 Meter Dash	Prelims	Men
3:40	400 Meter Hurdles	Prelims	Women
3:55	400 Meter Hurdles	Prelims	Men
4:10	200 Meter Dash	Prelims	Women
4:25	200 Meter Dash	Prelims	Men

BREAK (Announce NCCAA Scholar-Athletes)

5:15	4x400 Meter Relay	Prelims	Women
5:30	4x400 Meter Relay	Prelims	Men
5:45	10,000 Meter Run	Final	Women
6:35	10,000 Meter Run	Final	Men
7:15	4x800 Meter Relay	Final	Women
7:30	4x800 Meter Relay	Final	Men

FRIDAY, MAY 10

FIELD EVENTS

11:00	Long Jump	Final	Men
11:00	Shot Put	Final	Men
11:00	Hammer	Final	Women
11:30	High Jump	Final	Women
2:00	Long Jump	Final	Women
2:00	Hammer	Final	Men
2:00	Shot Put	Final	Women
2:30	High Jump	Final	Men

RUNNING EVENTS

11:30	Opening Ceremony		
12:00	3000 Steeplechase	Final	Women
12:20	3000 Steeplechase	Final	Men
12:40	4x100 Meter Relay	Final	Women
12:50	4x100 Meter Relay	Final	Men
1:00	1500 Meter Run	Final	Women
1:15	1500 Meter Run	Final	Men
1:30	100 Meter Hurdles	Final	Women
1:40	110 Meter Hurdles	Final	Men
1:50	400 Meter Dash	Final	Women
2:00	400 Meter Dash	Final	Men
2:10	100 Meter Dash	Final	Women
2:20	100 Meter Dash	Final	Men
2:30	800 Meter Run	Final	Women
2:45	800 Meter Run	Final	Men
3:00	400 Meter Hurdles	Final	Women
3:15	400 Meter Hurdles	Final	Men
3:30	200 Meter Dash	Final	Women
3:40	200 Meter Dash	Final	Men
3:50	5000 Meter Run	Final	Women
4:15	5000 Meter Run	Final	Men
4:35	4x400 Meter Relay	Final	Women
4:45	4x400 Meter Relay	Final	Men
5:15	Awards Ceremony		