



# 2023 SEC Outdoor Championships Schedule



## THURSDAY

### FIELD EVENTS

12:00 PM	Men's Hammer Throw	Final
2:15 PM	Women's Hammer Throw	Final
4:45 PM	Men's Javelin	Final
6:45 PM	Women's Javelin	Final

### RUNNING EVENTS

5:30 PM	Men's 800 Meters	Prelim
5:50 PM	Women's 800 Meters	Prelim
6:10 PM	Men's 200 Meters	Prelim
6:35 PM	Women's 200 Meters	Prelim
7:00 PM	Men's 400 Meter Hurdles	Prelim
7:20 PM	Women's 400 Meter Hurdles	Prelim
7:40 PM	Men's 10,000 Meters	Final
8:15 PM	Women's 10,000 Meters	Final

### DECATHLON- DAY 1

11:30 AM	100 Meters
12:10 PM	Long Jump
1:10 PM	Shot Put
2:10 PM	High Jump
4:15 PM	400 Meters

### HEPTATHLON- DAY 1

12:00 PM	100 Meter Hurdles
12:45 PM	High Jump
2:45 PM	Shot Put
4:00 PM	200 Meters

## FRIDAY

### FIELD EVENTS

4:00 PM	Women's Pole Vault	Final
4:15 PM	Men's Shot Put	Final
4:30 PM	Men's High Jump	Final
6:30 PM	Women's Long Jump	Final
6:45 PM	Women's Shot Put	Final
7:00 PM	Men's Long Jump	Final

### RUNNING EVENTS

5:00 PM	Men's 110 Meter Hurdles	Prelim
5:15 PM	Women's 100 Meter Hurdles	Prelim
5:40 PM	Men's 1500 Meters	Prelim
6:00 PM	Women's 1500 Meters	Prelim
6:20 PM	Men's 400 Meters	Prelim
6:45 PM	Women's 400 Meters	Prelim
7:10 PM	Men's 100 Meters	Prelim
7:35 PM	Women's 100 Meters	Prelim
8:00 PM	Men's 3000 Meter Steeplechase	Final
8:20 PM	Women's 3000 Meter Steeplechase	Final

### DECATHLON- DAY 2

11:00 AM	110 Meter Hurdles
11:45 AM	Discus Throw
12:55 PM	Pole Vault
2:30 PM	Javelin Throw
4:00 PM	1500 Meters

### HEPTATHLON- DAY 2

11:45 AM	Long Jump
1:00 PM	Javelin
2:30 PM	800 Meters

## SATURDAY

### FIELD EVENTS

2:00 PM	Men's Discus Throw	Final
3:00 PM	Men's Pole Vault	Final
3:15 PM	Women's High Jump	Final
4:30 PM	Women's Discus Thow	Final
5:15 PM	Women's Triple Jump	Final
5:45 PM	Men's Triple Jump	Final

### RUNNING EVENTS

5:05 PM	Men's 4x100 Meter Relay	Final
5:15 PM	Women's 4x100 Meter Relay	Final
5:25 PM	Men's 1500 Meters	Final
5:35 PM	Women's 1500 Meters	Final
5:45 PM	Men's 110 Meter Hurdles	Final
5:55 PM	Women's 100 Meter Hurdles	Final
6:05 PM	Men's 400 Meters	Final
6:15 PM	Women's 400 Meters	Final
6:25 PM	Men's 100 Meters	Final
6:35 PM	Women's 100 Meters	Final
6:45 PM	Men's 800 Meters	Final
6:55 PM	Women's 800 Meters	Final
7:05 PM	Men's 400 Meter Hurdles	Final
7:15 PM	Women's 400 Meter Hurdles	Final
7:25 PM	Men's 200 Meters	Final
7:35 PM	Women's 200 Meters	Final
7:45 PM	Men's 5000 Meters	Final
8:05 PM	Women's 5000 Meters	Final
8:30 PM	Men's 4x400 Meter Relay	Final
8:40 PM	Women's 4x400 Meter Relay	Final